

MANUAL FOR PHYSICAL TRAINING
IN
ELEMENTARY SCHOOLS



Class GV483

Book M3

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Manual for Physical Training

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Elementary Schools

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Missouri State Physical
Director.

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SUGGESTIONS TO TEACHERS.

The object of these exercises is not to build up big muscles or to tax the strength but to produce a sense of well-being. The time required in taking them is so limited that they are not taxing in any sense, but are simple, pleasurable, and exhilarating, even without regard to the healthful effects produced. The exercises are for the most part directed towards the improvement of the trunk rather than that of the limbs. The trunk contains the vital organs. It is like the engine in a motor car. It is here that the organic and functional activities are carried on. It is here that the breathing is done. It is here that the heart operates and the whole digestive tract functions. It is here that the faulty carriage of the body begins and it is here that bad habits and excesses make themselves felt. When the breathing is proper, when the operations of digestion are going on normally, when the heart is functioning as it should, one may be assured that the child or pupil is traveling in the direction of health, and it is along this line that these exercises are directed.

One purpose is to produce an erect carriage, but it is also desirable to secure what comes with erect carriage, namely, the strengthening of the spine, the lifting of the whole thoracic upper body, the easy spread of the ribs and the pliability of the diaphragm.

Always open windows at top and bottom when any exercises are to begin. Fresh air acts not only as a speedy stimulus to the child's action but by purifying and cooling the room makes a more healthful atmosphere for the succeeding lessons. If any of the children begin to shiver, don't close windows but give vigorous exercises. Always avoid a draft under all conditions.

Appoint at appropriate intervals a few pupils to serve as "health officers" or "sanitary inspectors" for the class and class room. Train these pupils or monitors to certain sanitary or health rules.

Duties of the Sanitary Officers.

1. To open the windows wide and air the school room every morning before session begins and during physical training lessons.

2. To remove chalk, scraps of paper and other litter from the floor, hallways, stairs, school yard and sidewalk at intervals designated by the teacher.

3. Always have a thermometer in school room registering about 65° to 70°.

4. To keep the physical report card clean for inspection by the state authorities.

To Teachers.

1. In case of narrow aisles in school rooms, face pupils left or right in order to make room for exercising.

2. In marching exercises the teacher should not worry about having the pupils keeping in step, especially in the lower grades.

3. When marching to their places in the yard, gymnasium, or in any large open space, always form ranks of two, four, etc.

4. About face, always turn to the right.

5. Remember, a large muscle is not necessary to health.

6. A teacher should guard against a tendency to hurry or to be careless in her work.

7. In the primary rooms say "breathe in" and "breathe out," instead of saying inhale or exhale.

8. Inhale: Breathe air through the nose, mouth closed. Exhale: Open mouth and let air out.

9. Teachers are requested to memorize the exercises and not use the manual during the lesson; this saves time, promotes attention and shows competency in the work.

10. For correction, hold each movement for explanation and when the pupil thoroughly understands then repetition in time may begin.

11. Twenty minutes daily must be given to calisthenics; the exact time to be fixed by the teacher, when no principal is at hand.

12. A special instructor will visit the schools in the time allowed for physical inspection.

13. After practicing an exercise for about two weeks, take up a new exercise, which keeps the work from getting monotonous.

14. A correct and accented manner of execution must be insisted upon at all times.

15. Always put the reliable pupils in front for exercising.

16. Explain to both boys and girls the benefit of wearing loose garments during exercises. Boys may take off their coats; coats not taken off must be unbuttoned. Overshoes, rubbers and wraps must not be worn in the school room.

17. After executing the first exercise, call halt, then explain and correct positions, then continue to the following exercise in the same manner. After explanations, give the regular steady count for its full worth and benefit.

18. In all exercises the teachers should be able to give a demonstration.

19. Standing: Notice the combination of drooping heads and shoulders and protruding abdomens. This is commonly called the "fatigue" position.

20. Sitting: Notice the forward head and rounded back with complete obliteration of any hollowing at the small of the back.

21. Do not keep the class waiting too long by giving explanations, especially while the class holds some strained position of arms or legs.

22. Do not drag your work but put life and vigor into it.

23. Always adjust the seats and desks to the height of the children.

24. Always secure correct posture in standing, sitting, walking and running.

25. Never try to correct deformities, leave that for the physician.

26. During intermission or after lessons bring in your little health hints, etc.
27. Occasionally encourage the deserving pupils.
28. Always put vim and vigor into your leadership.
29. The class generally will follow the example set by a good leader.
30. Never be harsh or cross in your command.
31. Always separate your sexes, boys in the front and girls in rear of room for exercises.
32. Always have a pleasant word before and after lesson.
33. No nation can be efficient, prosperous and happy to the fullest extent without physical education as a fundamental part of its educational program in all its schools. Therefore, we suggest the following plan in order to encourage interest and enthusiasm for a credit system. Elementary and high school system as follows:

PHYSICAL REPORT.

Name		Date								Quarter		
	Q		M		M		M		M		T	
Inspection	I	Order	5	School Spirit	5	Neatness	5	Strength	5	Develop- ment.	5	25
	II											
	III											
	IV											
Health habits	I	Standing	5	Walking	5	Sitting	5	Marching	5	Breathing	5	25
	II											
	III											
	IV											
Health	I	Sound heart and lungs	5	Endurance	5	Normal Conformation and Courage	5	A Clean Bill of Health	5	Body Develop- ment and Weight.	5	25
	II											
	III											
	IV											
Execution	I	Graceful	5	Spirited	5	Precisio	5	Force	5	Agility	5	25
	II											
	III											
	IV											
											1	100
											2	
											3	
											4	
Item	1 Poor	Five merit points constitute an item.										
	2 Fair	3 Medium										
	4 Good	5 Excellent										
												4

There are four subjects to a report card.
 Each subject has five items.
 Each item has a maximum of five points.
 The five items added together give the total maximum of 25 points.
 The total maximum added with the three remaining subjects should give the grand total of 100 points.
 This physical credit should be added to mental credit, and this sum divided by two will give grade for pupil's quarterly report.

*M. stands for Maximum.
 Q. stands for Quarterly.
 T stands for Total.

HEIGHT AND WEIGHT TABLE FOR BOYS

Height, Inches.	5 Yrs.	6 Yrs.	7 Yrs.	8 Yrs.	9 Yrs.	10 Yrs.	11 Yrs.	12 Yrs.	13 Yrs.	14 Yrs.	15 Yrs.	16 Yrs.	17 Yrs.	18 Yrs.
39	35	36	37											
40	37	38	39											
41	39	40	41											
42	41	42	43	44										
43	43	44	45	46										
44	45	46	47	48	49									
45	47	48	49	50	51									
46	48	49	50	51	52									
47	50	51	52	53	54	55	56	57						
48	52	53	54	55	56	57	58	59						
49	54	55	56	57	58	59	60	61						
50	56	57	58	59	60	61	62	63						
51	58	59	60	61	62	63	64	65						
52	60	61	62	63	64	65	66	67						
53	62	63	64	65	66	67	68	69	70					
54	64	65	66	67	68	69	70	71	72					
55	66	67	68	69	70	71	72	73	74					
56	68	69	70	71	72	73	74	75	76					
57	70	71	72	73	74	75	76	77	78					
58	72	73	74	75	76	77	78	79	80	81	82	83	84	85
59	74	75	76	77	78	79	80	81	82	83	84	85	86	87
60	76	77	78	79	80	81	82	83	84	85	86	87	88	89
61	78	79	80	81	82	83	84	85	86	87	88	89	90	91
62	80	81	82	83	84	85	86	87	88	89	90	91	92	93
63	82	83	84	85	86	87	88	89	90	91	92	93	94	95
64	84	85	86	87	88	89	90	91	92	93	94	95	96	97
65	86	87	88	89	90	91	92	93	94	95	96	97	98	99
66	88	89	90	91	92	93	94	95	96	97	98	99	100	101
67	90	91	92	93	94	95	96	97	98	99	100	101	102	103
68	92	93	94	95	96	97	98	99	100	101	102	103	104	105
69	94	95	96	97	98	99	100	101	102	103	104	105	106	107
70	96	97	98	99	100	101	102	103	104	105	106	107	108	109
71	98	99	100	101	102	103	104	105	106	107	108	109	110	111
72	100	101	102	103	104	105	106	107	108	109	110	111	112	113
73	102	103	104	105	106	107	108	109	110	111	112	113	114	115
74	104	105	106	107	108	109	110	111	112	113	114	115	116	117
75	106	107	108	109	110	111	112	113	114	115	116	117	118	119
76	108	109	110	111	112	113	114	115	116	117	118	119	120	121

ABOUT WHAT A BOY SHOULD GAIN EACH MONTH

AGE.	AGE.
5 to 8.....	12 to 16.....
8 to 12.....	16 to 18.....
	16 oz.
	8 oz.
	8 oz.

Weights and measures should be taken without shoes and in only the usual indoor clothes.

HEIGHT AND WEIGHT TABLE FOR GIRLS

Height Inches.	5 Yrs.	6 Yrs.	7 Yrs.	8 Yrs.	9 Yrs.	10 Yrs.	11 Yrs.	12 Yrs.	13 Yrs.	14 Yrs.	15 Yrs.	16 Yrs.	17 Yrs.	18 Yrs.
39	34	35	36											
40	36	37	38											
41	38	39	40											
42	40	41	42	43										
43	42	43	44	45										
44	44	45	46	47	48									
45	46	47	48	49	50									
46	48	49	50	51	52									
47	50	51	52	53	54	55	56	57						
48	52	53	54	55	56	57	58	59						
49	54	55	56	57	58	59	60	61						
50	56	57	58	59	60	61	62	63						
51	58	59	60	61	62	63	64	65						
52	60	61	62	63	64	65	66	67						
53	62	63	64	65	66	67	68	69	70					
54	64	65	66	67	68	69	70	71	72					
55	66	67	68	69	70	71	72	73	74					
56	68	69	70	71	72	73	74	75	76					
57	70	71	72	73	74	75	76	77	78					
58	72	73	74	75	76	77	78	79	80	81	82	83	84	85
59	74	75	76	77	78	79	80	81	82	83	84	85	86	87
60	76	77	78	79	80	81	82	83	84	85	86	87	88	89
61	78	79	80	81	82	83	84	85	86	87	88	89	90	91
62	80	81	82	83	84	85	86	87	88	89	90	91	92	93
63	82	83	84	85	86	87	88	89	90	91	92	93	94	95
64	84	85	86	87	88	89	90	91	92	93	94	95	96	97
65	86	87	88	89	90	91	92	93	94	95	96	97	98	99
66	88	89	90	91	92	93	94	95	96	97	98	99	100	101
67	90	91	92	93	94	95	96	97	98	99	100	101	102	103
68	92	93	94	95	96	97	98	99	100	101	102	103	104	105
69	94	95	96	97	98	99	100	101	102	103	104	105	106	107
70	96	97	98	99	100	101	102	103	104	105	106	107	108	109
71	98	99	100	101	102	103	104	105	106	107	108	109	110	111
72	100	101	102	103	104	105	106	107	108	109	110	111	112	113
73	102	103	104	105	106	107	108	109	110	111	112	113	114	115
74	104	105	106	107	108	109	110	111	112	113	114	115	116	117
75	106	107	108	109	110	111	112	113	114	115	116	117	118	119
76	108	109	110	111	112	113	114	115	116	117	118	119	120	121

ABOUT WHAT A GIRL SHOULD GAIN EACH MONTH.

AGE.	AGE.
5 to 8.....	14 to 16.....
8 to 11.....	16 to 18.....
11 to 14.....	16 oz.
	8 oz.
	8 oz.

Weights and measures should be taken without shoes and in only the usual indoor clothes.

GENERAL INSTRUCTIONS.

The Command.

The good results in physical training depend to a great extent on the manner in which the command is given, therefore it is necessary to adhere to the following explanation:

The command is divided into four parts: Command of caution, of explanation, of execution and of discontinuation.

1. The command of caution: Attention! Stand! should be given in a clear distinct voice.

2. The command of Explanation explains or indicates the movement to be executed, for instance, "Arms forward, raise!"—and should be given distinctly and slowly in an explanatory manner.

3. The command of execution—Begin, Raise, Bend, March, Place, etc., is given in a firm, sharp tone.

Remarks: A short pause between the commands of explanation and execution should always be made. It is done in order to give the pupils time to think.

4. The command Halt! stops all exercises in this manual.

5. All exercises in halting position are called the explanatory exercises. Here is where corrections are to be made, which should not be too long.

Sitting Order to Exercises.

Command: Attention!

Explanation: At this command pupils must sit erect, chest high, grasp hands in rear and close heels, feet flat on the floor.

Command: Raise, in four counts.

Explanation: At one, pupils sit erect, hands upon front desk. At two, pupils execute a one-quarter turn, either to right or left, placing feet together in the aisles and placing one hand on the rear desk and the other hand on your own desk. At three, stand up erect. At four, turn to the front. March forward and take your distance with raising arms forward. Arms down, Attention. All marches from the third grade up start always with the left foot.

The command Halt! may be used to stop them.

Attention! To seats march—one; at two, be seated and place hands on desk; at three, turn to the front. Arms in rear, fold.

Fundamental Position.

Command: In position.....stand

Body erect, heels together, feet equally turned out at an angle of 15°, legs tense, arms by side tense, shoulders back and head erect, the weight of the body slightly rests upon the balls of the feet.

Resting Position.

Command: In resting position.....stand

Explanation: An easy position is to be taken, free from strain, the right foot remains in place, called the standing leg, on which the most weight is carried. The left foot is advanced forward a little. Hands in rear, grasp.

Explanations for All Technical Terms.**The Head.**

1. Lower head forward.....Chin touching breast bone
2. Lower head backward.....Face upward
3. Lower head sidewise.....Ears touching shoulder if possible
4. Turn head.....Move head $\frac{1}{4}$ of a circle to the side

The Arms.

1. Arms forward.....raise
The arms should be tense, on the level with the shoulders and arms parallel with each other, palms inward, fingers closed.

2. Arms sidewise.....raise
The arms should be tense, on the level with the shoulders, palms downward, knuckles upward.

3. Arms upward.....raise
The arms move parallel to each other forward, upward, close to the ears, arms in line with the legs.

4. Arms backward.....raise
The arms move parallel to each other backward, obliquely downward.

5. Arms in the rear.....fold
The right hand grasping the left forearm, behind back and vice versa.

6. Arms to thrust.....bend
The arms are flexed at the elbows to a right angle; elbows well back, forearms horizontal, hands clinched, knuckles turned downward.

7. Arms to a circle overhead.....raise
The arms can be raised forward or sidewise upward by passing either through forward or side position to a circle over head, fingers touching.

Arms sidewise to left (or right).....raise
The left arm is raised sidewise and extended to the left, height of shoulders, the right arm is bent to the left at right angle, elbow bent on the level with the shoulders.

1. Hands in rear.....grasp
The left hand is grasped by the right in rear of body; arms downward.
2. Hands on hips.....place
The hands are placed on hips with thumbs well to the rear; fingers forward, elbows and shoulders drawn backward.
3. Hands on shoulders.....place
The elbows sidewise, well back on the level with the shoulders; fingers touching shoulders, elbows opposite the ears.

The Trunk.

- Trunk forward to obtuse angle.....bend
1. The body is bent at hips to obtuse angle; the spine is kept straight; chin up, chest forward, shoulders back and legs tense.
 2. Trunk forward to right angle.....bend
The body is bent at hips to right angle, back straight and hollow, head in line with back, legs tense.
 3. Trunk backward.....bend
Raise the chest, force the shoulders backward, lower head backward, face upward, legs tense, spine erect.
 4. Bend trunk left or right sidewise. Keep body erect, shoulders back, bend at the hips.
 5. Trunk to the right (or left).....twist
The body is erect, $\frac{1}{4}$ turn to the left or right; legs tense, heels together.

Legs.

1. Knees to obtuse angle.....bend
The knees are bent to obtuse angle and turned slightly outward, heels together, body erect, head up.
2. Raise heels.
Stand on toes with heels close, or balance on toes, body erect.
3. Left (or right) knee at right angle.....raise
The raised knee is on the level with the waist. Lower leg vertically, toes down, instep tense.
4. Bend knees deep, raise heels, bend knees outward as far as possible, weight upon toes, body erect, head up.
5. Raise leg left (or right) sidewise, raise leg tense, the foot about twelve inches from the base of floor or ground, body erect, head up.

Feet.

6. Toe-step position.....stand
Either forward, sidewise or backward.....one, the weight of the body resting on the stationary leg with one leg extended in the direction called, foot turned outward, toe touching ground.

7. Stride position.....forward, sidewise, backward. Place extended leg in given direction with foot flat on the floor, weight of body rests on both feet.

8. Charge step left and right forward, sidewise and backward in a small step in the given direction with knee bent, the other leg is tense or straight, body erect, feet 18 inches apart.

9. Lunge left or right forward, sidewise or backward. It is something similar to the charge step, only there is a larger space between both feet—about 30 inches apart.

Mark Time: Marching in place or spot. Raise heel with bending left knee, one, lower foot.....two, and at the same time raise the right heel with bending right knee.....repeat alternately in two counts. The left foot starts and when half of the movement is completed, the right foot follows.

Marching: Body should be erect, chest high, shoulders back; always start with the left foot. Rock step forward, sidewise and backward. Step and close feet with raising upon toes, one, lower toes.

Follow Step.

One foot steps out, the other follows to close heels.

Change Step.

Step left foot forward.....one

Right foot follows to close step.....two

Step position, left forward.....three

Same steps right.

Repeat alternately with a springing step or hop.

Polka Step.

After a preliminary hop on left foot.....one.....and

Step right and left forward.....two.....and

Hop on right foot.....three.....and

Step left and right forward.....four.....and

Repeat all several times.

Breathing.

The breathing exercise is of vital importance to the development of the lungs and chest and should be practiced at the close of each lesson. Inhale slowly and deeply through nostrils.....with lips closed, head erect, filling lungs to full capacity. Exhale easily through open mouth; the number of counts is indicated in lesson.

Manner of Conducting a Lesson.

In order to do most good, a lesson must be taught in a live, energetic and spirited manner. Arm exercises, for example, should be executed in a brisk rhythm; head and trunk exercises should be performed in a

slower rhythm, but nevertheless with a full, strong contraction of the working muscles. Leg exercises may be either slow or fast (according to the effect sought). Leg exercises should be used after as balance movements; e. g., as positions taken only upon command. The dancing steps should be performed in a rounded, graceful manner, special attention being given to a finished execution. Tactics call for brisk, exact and simultaneous action by the whole class. Apparatus work, track and field exercises always should be performed in good form.

To use the available time to the best advantage must always be the aim of the teacher.

In track and field work, also in apparatus work, the teacher must see that as many pupils as possible exercise at the same time. There should be only enough in activity between the exercises to allow a suitable rest period for those who have exercises. Arrange the classes so that they easily can see those exercising as well as those resting. There should be discipline in advancing to and retreating from apparatus.

Salute With the Hand.

1. Right (left) hand.....salute

(a) Raise the right hand smartly till the tip of forefinger touches the lower part of the headdress above the right eye, thumb and fingers extended and joined, palm to the left, forearm inclined at about forty-five degrees, hand and wrist straight..... two, drop the arm smartly by the side.

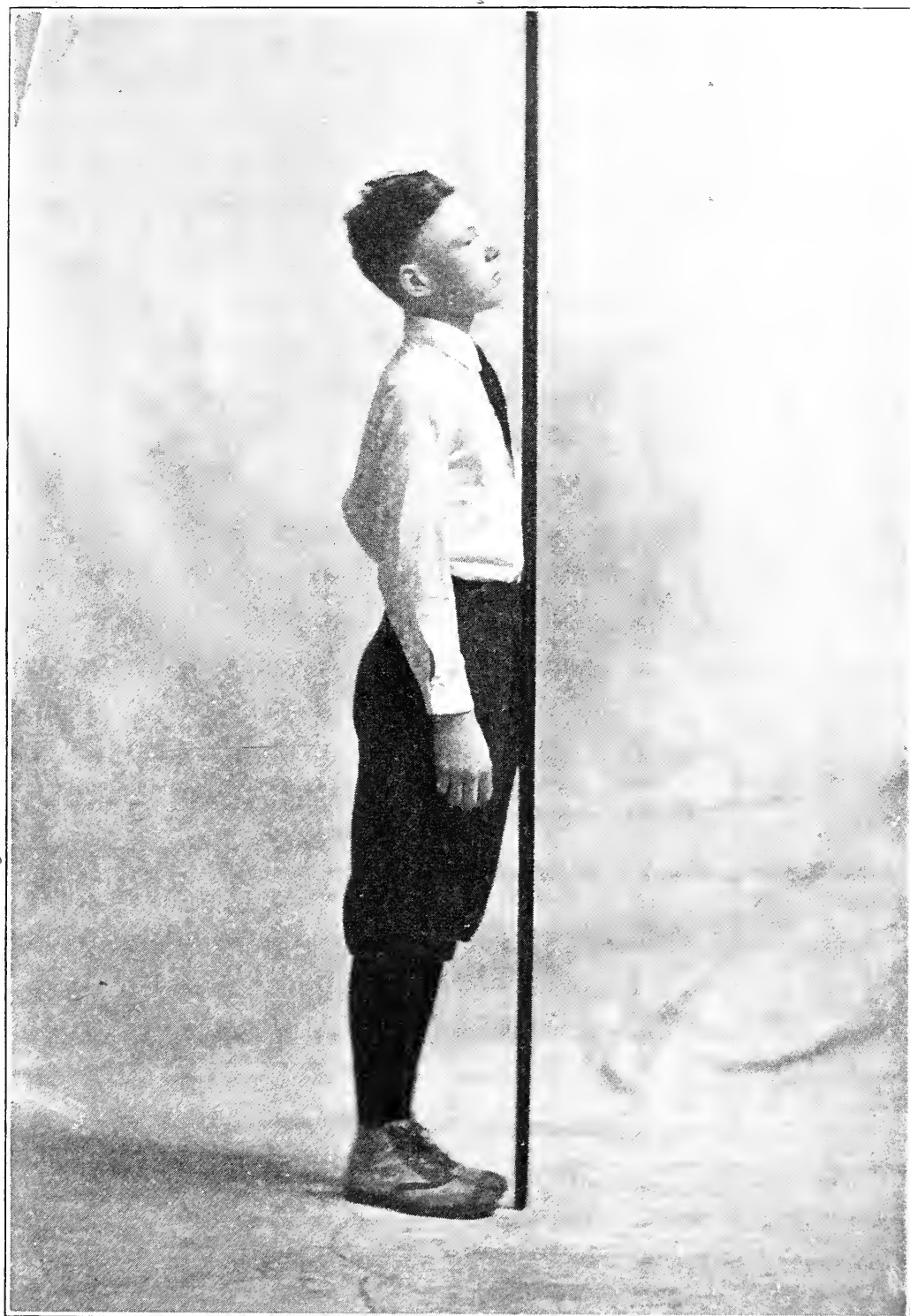
(b) The salute for officers is the same.

(c) The left hand is used only when the right is engaged.

(d) Officers and men, when saluting, always turn head and eyes toward the person saluted.

(e) The salute should be rendered at six paces before passing or being passed by an officer unless the nearest point reached be greater than six paces and not more than thirty paces, in which case salute at the point nearest the officer.

(f) The salute being returned, or if officer passed and the salute was unobserved, drop the hand quickly by the side.



INCORRECT POSTURE.



CORRECT FUNDAMENTAL POSITION.



HANDS UPON HIPS WITH BENDING KNEES TO AN OBTUSE ANGLE.



BEND KNEES DEEP WITH HANDS ON HIPS.



HANDS UPON HIPS WITH CHARGE LEFT.



ARMS TO THRUST WITH LUNGING LEFT SIDEWISE.



BEND TRUNK TO OBTUSE ANGLE.



BEND TRUNK FORWARD TO RIGHT ANGLE.



ARM CIRCLE OVER HEAD.



BEND TRUNK LEFT SIDEWISE, WITH ARM CIRCLE OVER HEAD.



RAISE ARMS FORWARD, UPWARD.



HANDS UPON HIPS WITH STRIDE POSITION.



CROSS ARMS IN FRONT. WAND HORIZONTAL.



WAND VERTICALLY IN FRONT WITH STEP POSITION RIGHT FORWARD.



FUNDAMENTAL POSITION IN CARRYING INDIAN CLUBS.



CROSS ARMS IN FRONT WITH DIPPING CLUBS ON FOREARM.



GLIDE RIGHT OBLIQUELY FORWARD, ARMS AMPLIFIED, 3RD POSITION.



BALANCE STEP, LEFT FOOT RAISED (HALF-HIGH) FORWARD IN FOURTH
ARMS IN RIGHT INTERMEDIATE.



INHALE WITH HANDS IN REAR OF NECK.

Exercises

FOR PUPILS OF FIRST GRADE

First Grade Aims



¶ Emphasis on exercises, especially of the larger groups of muscles, and regulation of breathing. Promotion of growth through the stimulation of breathing and circulation in exercise in light and air, recreation form of exercise. ¶ To be avoided: Any form of exercise for strength, even in the smaller muscles, in order not to consume the material necessary for growth; avoid also any attempt upon the young nerves through premature training in that direction. *Plays and Games:* For testing, developing and sharpening the sense perceptions. Sight; differentiation of (a) form; (b) color. Hearing; distance, direction of sound. Feeling; distinguishing object according to form and weight.

GRADE ONE.**Lesson One.****MARCH:**

Pupils form circle or line and join hands.

All exercises start with one-fourth turn to left.

Circle left or line forward, march.....one.....to.....16 counts

Return to the right forward, march.....one.....to.....16 counts

Repeat all.

Exercises (Standing) of One Part of Body.

(Simple exercises.)

HEAD:

Join hands: Lower head forward.....one.....halt for corrections

Returntwo.....halt

Repeat, omit the word halt.....one.....to....16 counts

Repeat.

TRUNK:

1. Bend trunk forward.....one.....halt

2. Return.....two.....halt

Repeat all.....one.....to.....16 counts

Repeat same.

ARMS:

1. Swing and raise arms upward.....one.....halt

2. Return.....two.....halt

Repeat all.....one.....to.....16 counts

Repeat same.

LEGS:

1. Raise upon toes.....one.....halt

2. Lower.....two.....halt

Repeat.....one.....to.....16 counts

BREATHING: Teach the child properly how to breathe *in* and *out*.

REMARKS: a. Teacher should not worry about keeping pupils in step.

b. Stop for corrections after the word halt if necessary.

Lesson Two.**MARCH:**

Form circle or line and join hands.

All start with a one-fourth turn left.

Circle left on line, march backward.....one.....to.....16

One-half turn right, march backward.....one.....to.....16

Repeat all.

HEAD:

Hands joined.

1. Lower head backward.....one.....halt for correction
 2. Return.....two.....halt
- Repeat, omit the word halt.....one.....to.....16 counts
- Repeat all.

TRUNK:

1. Bend trunk backward.....one.....halt
 2. Return.....two.....halt
- Repeat.....one.....to.....16 counts
- Repeat all.

ARMS:

1. Swing arms backward.....one.....halt for corrections
 2. Return.....two.....halt
- Repeat.....one.....to.....16 counts
- Repeat all.

LEGS:

1. Bend knees to obtuse angle.....one.....halt
 2. Return.....two.....halt
- Repeat.....one.....to.....16 counts
- Repeat all.

Breathe in, breathe out. Don't use the term inhale and exhale in the count.

See suggested list of games page 135. For terms see illustrations on pages 16a to 16s.

Lesson Three.**MARCH:**

Form circle or line and join hands.

All start with one-fourth turn left.

Run forward to left.....one.....to.....16 counts

Return forward to right.....one.....to.....16 counts

FACE:

In circle without hands joined.

Turn and face to named object on command.

Repeat several times.

All join hands.

HEAD:

1. Lower head left sidewise.....one.....halt.....corrections
 2. Return.....two.....halt
- Repeat, omit the word halt.....one.....to.....16 counts
- Repeat all.

TRUNK:

1. Bend trunk left sidewise.....one.....halt
 2. Return.....two.....halt
- Repeat.....one.....to.....16 counts
- Repeat all.

ARMS:

1. Raise arms forward.....one.....halt
2. Return.....two.....halt
- Repeat.....one.....to.....16 counts
- Repeat all.

LEGS:

1. Raise left lower leg backward, upward.....one.....halt
2. Return.....two.....halt
- Repeat.....one.....to.....16 counts
- Repeat all.

Lesson Four.**MARCH:**

Form circle or line and join hands.

All start one-fourth turn left.

Circle left, or line, skip hop left.....one.....to.....16 counts

One-half turn right, skip hop right.....one.....to.....16 counts

Repeat all.

FACE:

Drop hands; by command turn and face to named direction.

Repeat to several directions.

HEAD:

Hands joined.

1. Lower head right sidewise.....one.....halt.....corrections
2. Return.....two.....halt
- Repeat.....one.....to.....16 counts
- Repeat all without using the word halt.

TRUNK:

1. Bend trunk right sidewise.....one.....halt
2. Return.....two.....halt
- Repeat.....one.....to.....16 counts
- Repeat all.

ARMS:

1. Swing arms forward and bend elbows.....one.....halt
2. Return.....two.....halt
- Repeat, omit the word halt.....one.....to.....16 counts
- Repeat all.

LEGS:

1. Raise right lower leg backward, upward.....one.....halt
2. Return.....two.....halt
- Repeat.....one.....to.....16 counts
- Repeat all.

Breathing as in first lesson.

See suggested list of games. 135.

Lesson Five.**MARCH:**

Form circle or line and join hands.

All start with one-fourth turn left.

Circle left or in line.

Gallop, hop left forward.....one.....to.....16 counts

One-half turn right, gallop hop right forward

.....one.....to.....16 counts

Repeat all.

HEAD:

Hands joined.

Rotate or circle head left to right

.....one.....slowly to.....four counts

Repeat three times (very slowly).

TRUNK:

1. Twist trunk left.....one

2. Return.....two

Repeat, omit the word halt.....one.....to.....16 counts

Repeat all.

ARMS:

1. Swing arms forward.....one.....halt

2. Swing arms down and backward, head up.....two.....halt

Repeat.....one.....to.....16 counts

Repeat all.

LEGS:

Jump in place, both feet together.....one.....to.....16 counts

Rest.

Repeat once more.

BREATHING:

Breathe in.....4 counts

Breathe out.

Repeat several times.

See suggested list of games page 135.

Lesson Six.**MARCH:**

Form circle or line and join hands.

All start with one-fourth turn left.

Circle left or in line, gallop hop left forward.....one.....to.....16 counts

Rest.

Half turn right, gallop hop right forward.....one.....to.....16 counts

Repeat all.

HEAD:

Rotate or circle head right, slowly.....one.....to.....4 counts
Repeat three times.

TRUNK:

1. Twist trunk right, slowly.....one.....halt
2. Return.....two.....halt
Repeat, omit the word halt.....one.....to.....16 counts
Repeat all.

ARMS:

1. Swing arms upward.....one
2. Swing arms downward backward.....two
Repeat.....one.....to.....16 counts
Repeat all.

LEGS:

Hop on left foot with lower right leg raised backward.
Hopone.....to.....16 counts
Rest.
Hop same, right.....one.....to.....16 counts
Repeat all.

BREATHING:

Breathe in.....6 counts
Breathe out.
Repeat several times.
See suggested list of games page 135.

Lesson Seven.**MARCH:**

Form circle or file, hands upon front neighbor's shoulders.
Circle or file left and raise knees left and right to right angle.
Alternately.....one.....to.....16 counts
Drop hands, one-half turn, hands upon front neighbor's shoulders.
Repeat same, right.....one.....to.....16 counts
Repeat all.

HEAD:

1. Lower head.....one.....halt.....correction
2. Raise.....two.....halt
Repeat, omit the word halt.....one.....to.....16 counts
Repeat all.

TRUNK:

1. Bend truck forward.....one.....halt
2. Return.....two.....halt
Repeatone.....to.....16 counts
Repeat all.

ARMS:

Armsdown
1. Raise arms sidewise.....one.....halt
2. Return.....two.....halt
Repeatone.....to.....16 counts
Repeat all.

LEGS:

- Hands upon front neighbor's shoulders.
- 1. Raise left lower leg backward, head back.....one
 - 2. Return.....two
- Repeatone.....to.....16 counts
- Repeat all.

BREATHING:

- Breathe in.....8 counts
- Breathe out.
- Repeat several times.
- See suggested list of games page 135.

Lesson Eight.

MARCH:

- Form circle or file, hands upon front neighbor's shoulder.
- Circle or file forward left, with hopping left and right alternately.
-one.....to.....16 counts
- Drop hands, one-half turn right, hands upon front neighbor's shoulders.
- Circle or file right with hopping left and right alternately.....one.....to.....16 counts
- Repeat all.

HEAD:

- 1. Lower head sidewise left.....one.....halt.....corrections
 - 2. Raise.....two.....halt
- Repeat, omit the word halt, from.....one.....to.....16 counts
- Repeat all.

TRUNK:

- 1. Bend trunk left sidewise.....one.....halt
 - 2. Return to position.....two.....halt
- Repeat.....one.....to.....16 counts
- Repeat all.

ARMS:

- Arms.....down
- 1. Raise arms sidewise upward.....one
 - 2. Lower.....two
- Repeat.....one.....to.....16 counts
- Repeat all.

LEGS:

- Hands upon front neighbor's shoulders (body erect, feet close).
- 1. Raise left leg sidewise.....one
 - 2. Return.....two
- Repeat.....one.....to.....16 counts
- Repeat all.

BREATHING:

- Breathe in.....10 counts
- Breathe out.
- Repeat several times.
- See suggested list of games page 135.

MARCH:

HEAD:

- TRUNK:

- ARMS:

LEGS:

- ## BREATHING:

MARCH:

HEAD:

- TRUNK:

1. Bend trunk forward to obtuse angle.....one
 2. Return to position.....two
 3. Bend trunk backward.....three
 4. Return.....four
- Repeat three times.
Repeat all.

ARMS:

Face to the front and join hands.

1. Raise arms forward.....one.....halt
2. Lowertwo
3. Raise arms upward.....three
4. Return.....four

Repeat three times.

Repeat all.

LEGS:

1. Raise upon toes.....one
2. Lowertwo
3. Bend knees to obtuse anglethree
4. Position.....four

Repeat several times.

BREATHING:

Breathe in.....14 counts

Breathe out.

Repeat three times.

See suggested list of games page 135.

Lesson Eleven.

MARCH:

Form circle or file, hands upon hips.....place

Circle left or file forward with slow running steps, change quick to opposite direction by quick command.

Use objects first for directions.

HEAD:

1. Lower head sidewise, left.....one.....halt.....correction
2. Return.....two.....halt
3. Lower head sidewise, right.....three.....halt
4. Position.....four.....halt

Repeat three times, omit the word halt.

Repeat all.

TRUNK:

1. Bend trunk left sidewise.....one.....halt
2. Return.....two.....halt
3. Bend trunk right sidewise.....three.....halt
4. Position.....four.....halt

Repeat three times, omit the word halt.

ARMS:

Hands.....down. Face to the front.

1. Raise forearms upward, bend elbows.....one.....halt
2. Return.....two.....halt
3. Swing arms upward.....three.....halt
4. Return.....four.....halt

Repeat three times, omit the word halt.

Repeat all.

LEGS:

Hands upon shoulders and face leader.

1. Stride position left sidewise.....one
2. Return.....two
3. Repeat.....one.....to.....16 counts

Repeat all.

BREATHING:

Inhale.....16 counts

Exhale.

Repeat several times.

See suggested list of games page 135.

Lesson Twelve.**MARCH:**

Form circle or file, hands upon hips.....place

Circle or file left with skipping, change to opposite direction by command.

HEAD:

1. Turn head left.....one.....halt.....correction

2. Return.....two.....halt

3. Turn head right.....three.....halt

4. Return.....four.....halt

Repeat three times, omit the word halt.

TRUNK:

1. Twist trunk left.....one.....halt

2. Return to position.....two.....halt

3. Twist trunk right.....three.....halt

4. Return.....four.....halt

Repeat three times, omit the word halt.

Repeat all.

ARMS:

Arms.....down

1. Raise arms sidewise.....one.....halt

2. Raise arms upward.....two.....halt

3. Return as in first exercise.....three.....halt

4. Position.....four.....halt

Repeat three times.

Repeat all.

LEGS:

Hands upon front neighbor's shoulders.

1. Jump into stride.....position

2. Jump up and down.....one.....to.....16 counts

Repeat several times.

Hands down.

BREATHING:

Inhale with raised arms sidewise.....one.....to.....4 counts

Exhale, with lowering arms.

Repeat several times.

See suggested list of games page 135.

Exercises

FOR PUPILS OF THE SECOND GRADE

Second Grade Aims.



Incentive to growth and blood formation as in the first grade aims. Strain of muscles avoided in consideration of the growing process. *Plays and Games:* Imitation games, based on sense-perceptions of the growing process.

GRADE TWO.

All exercises start from fundamental positions, head up, body erect, hands by side, heels together, feet slightly outward.

All introductory exercises should first be explained and demonstrated by teacher, then with pupils, before going through the regular exercises.

THEME:

Raising and lowering.....direction forward

One count movement to each exercise.

Exercises in open column.

Lesson One.

Mark time in place.....march.....attention, halt

ARMS:

1. Raise arms.....forward.....one

2. Returntwo

Repeat.....one.....to16 counts

Repeat same.

TRUNK:

Hands on hips.....place

1. Bend trunk forward to obtuse angle.....one

2. Return.....two

Repeat.....one.....to.....16 counts

Repeat same.

LEGS :

Step position left.....forward.....one.....return.....two

Repeat.....one.....to.....16 counts

Repeat same, right.....one.....16 counts

BREATHING:

Inhale and raise arms sidewise upward.....one

Exhale, with lowering arms.

Repeat slowly three more times.

See suggested list of games page 140.

Lesson Two.

THEME:

Raising and lowering arms, sidewise.

1. Raise arms sidewise.....one.....halt.....correction

2. Return.....two.....halt

Repeat eight times, omit the word halt.

Repeat same.

HEAD:

Hands on hips.....place

1. Lower head left sidewise.....one.....halt

2. Return.....two.....halt

3. Repeat three times, omit the word halt.

Repeat same, right.

TRUNK:

1. Bend trunk left sidewise.....one.....halt
 2. Return.....two.....halt
- Repeat three times, omit the word halt.
Repeat same, right.

ARMS:

1. Raise arms sidewise.....one.....halt
 2. Return.....two.....halt
- Repeat.....one.....to.....16 counts
Repeat all.

LEGS:

1. Step position, left sidewise.....one
 2. Return.....two
- Repeat (omit halt).....one.....to.....16 counts
Repeat same, right.....one.....to.....16 counts

HOPPING IN PLACE:

Raise right lower leg backward and hop on left foot.
Repeat and continue for 30 seconds.
Repeat same, right.

BREATHING:

Inhale and raise arms sidewise upward to about 45 degrees.
See suggested list of games page 140.

Lesson Three.**THEME:**

Raising and lowering.....direction backward
Mark time in a given number of counts.....attention.....halt
Arms in rear.....fold

HEAD:

Hands on hips.....place
1. Lower head backward.....one.....halt.....correction
2. Return.....two.....halt
Repeat eight times, omit the word halt.

TRUNK:

1. Bend trunk backward.....one.....halt
 2. Return.....two.....halt
- Repeat eight times, omit the word halt.

ARMS:

Arms.....down
1. Raise arms backward, head up.....one.....halt
2. Return to position.....two.....halt
Repeat.....one.....to.....16 counts

LEGS:

Arms in rear.....fold
1. Raise left lower leg backward.....one.....halt
2. Return to position.....two.....halt
Repeat.....one.....to.....16 counts
Repeat same, right.

BREATHING:

Inhale and raise arms sidewise upward to about 45 degrees.
Exhale, with lowering arms.
Repeat three times.
See suggested list of games page 140.

Lesson Four.

THEME:

Bending and straightening. Direction forward.

MARCHING:

March four steps forward, starting left foot.....1.....2.....3.....4

March four steps backward, starting right foot.....5.....6.....7.....8

Repeat three times.

HEAD:

1. Lower head forward.....one.....halt.....correction

2. Return.....two.....halt

3. Lower head backward.....three.....halt

4. Return.....four.....halt

Repeat three times, omit the word halt.

TRUNK:

Hands on hips.....place

1. Bend trunk forward to right angle.....one

2. Return.....two

Repeat.....one.....to.....16 counts

Repeat same.

ARMS:

Arms.....down

Raise arms forward.....one.....halt

Swing arms downward backward.....two.....halt

Repeat.....one.....to.....16 counts

LEGS:

Hands on hips.....place

1. Bend knees to obtuse angle.....one.....halt

2. Return to position.....two.....halt

Repeat.....one.....to.....16 counts

Repeat same.

BREATHING:

Arms.....down

Inhaling with raising arms obliquely sidewise upward to an angle of 45 degrees.

Exhale, with lowering arms.

Repeat three times.

See suggested list of games page 140.

Lesson Five.

THEME:

Twisting, bending and straightening direction.

FACING:

Facing to common objects in rooms, or place.

All turn to the North.....face

All turn to the East.....face

All turn to the West.....face

All turn to the South.....face, etc.

Remark: On the command face, the pupils all turn to the objects as commanded.

HEAD:

1. Rotate head left.....one.....halt.....correction

2. Return.....two.....halt

Repeat four times, omit the word halt.

Same right.

ARMS:

- Hands on hips.....place
 1. Extend arms forward, knuckles upward.....one.....halt
 2. Return to hips.....two.....halt
 Repeat (omit halt).....one.....to.....16 counts
 Repeat same.

TRUNK:

1. Twist trunk left.....one.....halt
 2. Return to position.....two.....halt
 Repeat (omit halt).....one.....to.....16 counts
 Repeat same, right.....one.....to.....16 counts

LEGS:

- Hop in place. Both feet together.....one.....32 counts

BREATHING:

Inhaling and exhaling as second lesson.
 See suggested list of games page 140.

Lesson Six.

THEME:

Bending and straightening, direction sidewise.

1. Clap hands in front of face and straighten arms sidewise.....one
 2. Place hands on shoulders and lower arms.....two
 Repeat once or twice.

HEAD:

- Hands in rear.....grasp.....arms tense
 1. Lower head backward.....one.....halt.....correction
 2. Return.....two.....halt
 Repeat (omit halt).....one.....to.....16 counts
 Repeat same.

ARMS:

- Hands on shoulders.....place
 1. Extend arms sidewise, knuckles up.....one.....halt
 2. Return.....two.....halt
 Repeat (omit halt).....one.....to.....16 counts
 Repeat same.

TRUNK:

- Hands on hips.....place
 1. Bend trunk left sidewise.....one.....halt
 2. Return.....two.....halt
 Repeat (omit halt).....one.....to.....16 counts
 Repeat same.

LEGS:

1. Raise left leg sidewise.....one.....halt
 2. Return.....two.....halt
 Repeat (omit halt).....one.....to.....16 counts
 Repeat same, right.....one.....to.....16 counts
 Run forward, eight counts; run in place, eight counts.
 Run backward, eight counts; run in place, eight counts.
 Repeat two or three times.

BREATHING:

Inhaling, arms forward, upward and down.....slowly count eight
 See suggested list of games page 140.

Lesson Seven.**THEME:**

Raising arms forward, upward, lowering.

Remarks: Every other line or file of pupils.....about face

HEAD:

Hands on hips.....place

1. Lower head backward.....one.....halt.....correction

2. Return to position.....two.....halt

3. Lower head down.....three.....halt

4. Return.....four.....halt

Repeat three times, omit the word halt.

TRUNK:

1. Lower trunk forward.....one.....halt

2. Return to position.....two.....halt

3. Bend trunk backward.....three.....halt

4. Return.....four.....halt

Repeat three times, omit the word halt.

LEGS:Hopping in place on command.....facing objects, thereby completing $\frac{1}{4}$ turn.**BREATHING:**

Inhaling, raising and lowering arms, four counts each.

Repeat three or more times.

Remarks: At this age the child is not supposed to keep in step, but the instructor should insist upon correct posture.

See suggested list of games page 140.

Lesson Eight.**THEME:**

Raising and lowering. Direction, sidewise and hands upon hips.

MARCHING:

Follow step left sidewise.....one.....close step.....two

Repeat.....left sidewise.....three.....close step.....four

Repeat from.....one.....to.....16 counts

Same right.

TRUNK:

Hands in rear of neck.....place

1. Bend trunk left sidewise.....one.....halt.....correction

2. Return.....two.....halt

Repeat, omit the word halt.....one.....to.....16 counts

Arms down.

LEGS:

Follow step left sidewise.....one.....halt

Close step.....two.....halt

Repeat.....left sidewise.....three.....close step.....four

Jump in place, feet together.....5, 6, 7, 8

Repeat same right.....eight counts

Repeat all, but start right.

BREATHING:

Inhale and raise arms to about 45 degrees.

Exhale, with lowering arms.

Repeat three times.

See suggested list of games page 140.

Lesson Nine.**THEME:**

Raising and lowering. Direction backward and upward.

MARCHING:

Arms in rear.....place
 March backward, starting right foot, four steps....1.....2.....3.....4
 In place, mark time.....5.....6.....7.....8
 Return forward.....9.....to.....16 counts
 Repeat once more (upon command).

ARMS:

Hands.....down
 1. Raise arms backward upward.....one.....halt.....correction
 2. Return.....two.....halt
 Repeat, omit the word halt.....one.....to.....16 counts
 Repeat all.

HEAD:

Hands upon hips.....place
 1. Lower head backward.....one.....halt
 2. Return.....two.....halt
 Repeat, omit the word halt.....one.....to.....16 counts

TRUNK:

Arms in rear.....fold
 1. Bend trunk backward.....one.....halt
 2. Return.....two.....halt
 Repeat, omit the word halt.....one.....to.....16 counts
 Repeat all.

LEGS:

Raise left lower leg backward.....one.....halt
 Return.....two.....halt
 Repeat, omit the word halt.....one.....to.....16 counts
 Repeat same, right.
 Run in place.

BREATHING:

Inhale with raising arms sidewise.....one.....halt
 Exhale, with lowering arms.
 Repeat three times.
 See suggested list of games page 140.

Lesson Ten.**THEME:**

Extending, striding.....forward

MARCH:

Hands on hips.....place
 March forward with extending arms forward.
 Knuckles up.....one
 Arms return.....hands on hips.....two
 Extend arms.....three
 Hands upon hips.....four
 Mark time, in place.....5.....6.....7.....8
 Retreat.....9.....to.....12
 Mark time.....13.....to.....16
 Repeat all.

HEAD:

Arms to thrust.

1. Bend head backward.....one.....halt.....correction
 2. Return.....two.....halt
- Repeat, omit the word halt.....one.....to.....16 counts
- Repeat same.

ARMS:

1. Thrust arms forward.....one.....halt
 2. Return.....two.....halt
- Repeat, omit the word halt.....one.....to.....16 counts
- Repeat, same.

TRUNK:

1. Bend trunk forward.....one.....halt
 2. Return.....two.....halt
- Repeat, omit the word halt.....one.....to.....16 counts

LEGS:

1. Bend knees deep.....one.....halt
 2. Return.....two.....halt
- Repeat, omit the word halt.....one.....to.....16 counts

BREATHING:

Inhale with raising arms sidewise.

Remarks: In twisting arms always rotate the arms with knuckles upward.

See suggested list of games page 140.

Lesson Eleven.

THEME: Twisting, striding, sidewise.

Hands upon shoulders, elbows high on the level with shoulders.

HEAD:

1. Lower head backward.....one.....halt.....correction
 2. Return.....two.....halt
- Repeat, omit the word halt.....one.....to.....16 counts
- Arms.....down
- Hands on shoulders.

ARMS:

1. Extend arms sidewise, knuckles up.....one.....halt
 2. Return.....two.....halt
- Repeat, omit the word halt.....one.....to.....16 counts
- Arms.....down
- Hands on shoulders.

TRUNK:

1. Bend trunk left sidewise.....one.....halt
 2. Return to position.....two.....halt
- Repeat, omit the word halt.....one.....to.....16 counts
- Same right.
- Arms.....down

LEGS:

Hands upon shoulders.

1. Stride position left forward.....one.....halt
 2. Return to position.....two.....halt
- Repeat, omit the word halt.....one.....to.....16 counts
- Repeat same, right.

Jump with feet close, four steps forward.....	1	2	3	4
Jump in place.....	5	6	7	8
Return backward.....	9	to	12	
In place.....	13	to	16	

BREATHING:

Inhale, raise arms sidewise, hand in rear of neck.....six counts

Exhale slowly, with lowering arms.

Repeat three times.

See suggested list of games page 140.

Lesson Twelve.

Teacher should not worry about keeping child in step.

THEME:

Twisting, striding and turning.

Left face in four counts.....} $\frac{1}{4}$ turn

Mark time in four counts.....}

Left face in four counts.....} $\frac{1}{4}$ turn

Mark time in four counts.....}

Left face in four counts.....} $\frac{1}{4}$ turn

Mark time in four counts.....}

Left face in four counts.....} $\frac{1}{4}$ turn

Mark time in four counts.....}

Making in $\frac{4}{4}$ turn, or a whole turn, left.

Same right.

HEAD:

Arms in rear.....fold

1. Turn head left.....one.....halt.....correction

2. Return.....two.....halt

Repeat three more times, omit the word halt.

Same right.

TRUNK:

Hands in rear.....grasp

1. Turn trunk left.....one.....halt

2. Return.....two.....halt

Repeat, omit the word halt.....one.....to.....16 counts

Repeat same, right.

LEGS:

Hopping in place with both feet together.....four counts

$\frac{1}{4}$ turn left, hopping on place.....four counts

$\frac{1}{4}$ turn left, hopping on place.....four counts

$\frac{1}{4}$ turn left, hopping on place.....four counts

BREATHING:

Inhale and raise arms obliquely upward to an angle of 45 degrees.

Palms outward.....one

Lower arms.....two

Repeat.

See suggested list of games page 140.

Exercises

FOR PUPILS OF THE THIRD GRADE

Third Grade Aims.



Importance of improved bearing and carriage (improved holding power); cultivation of poise; erect position in address. Promptness in response. Accuracy in execution of combinations of simple exercises in free gymnastics. *Plays and Games:*

To be added, short competitive games.

GRADE THREE.**Lesson One.**

In school rooms, teachers should practice the pupils in rising from seats.

1. Attention.....sit erect, place and grasp hands upon desk.....one
2. Turn to right.....two
3. Stand.....three
4. Front stand erect.....four

Arrange pupils according to height—smallest in front.

Take your places.

Take your distance with raising arm forward.....one.....down

In a large open space always form columns of fours, etc.

Attention.

MARCHING:

Arms in rear.....fold

1. March forward.....four steps.....4 counts.....halt.....correction
2. Mark time in place.....4 counts.....halt
3. March backward.....4 counts.....halt
4. Mark time.....4 counts.....halt

Repeat three times, omit the word halt.

ARMS:

Arms.....down

1. Raise arms forward.....one.....halt
2. Lower head forward.....two.....halt
3. Return.....three.....halt
4. Lower arms down.....four.....halt

Repeat three times, omit the word halt.

Repeat all.

TRUNK:

1. Toe-step left forward.....one.....halt

2. Bend trunk forward.....two.....halt

3. Return trunk erect.....three.....halt

4. Close step.....four.....halt

Repeat three times, omit the word halt.

Repeat all right.

LEGS:

Follow step left forward.....one

Close step.....two

Follow step right forward.....three

Close step.....four

Repeat about a minute or two.

BREATHING:

Inhale and raise arms forward.....five counts

Exhale slowly, with lowering arms.

Repeat three times.

See suggested list of games page 145.

Lesson Two.**THEME:**

Raising, lowering, direction, sidewise and upward.

Hands on hips.....place

HEAD:

1. Raise arms sidewise.....one.....halt.....correction

2. Bend head left sidewise.....two.....halt

3. Return.....three.....halt

4. Position.....four.....halt

Repeat three times, omit the word halt.

Repeat all.

TRUNK:

Hands on hips.....place

1. Toe-step left sidewise.....one.....halt.....correction

2. Bend trunk left sidewise.....two.....halt

3. Return.....three.....halt

4. Position.....four.....halt

Repeat three times, omit the word halt.

Repeat all.

ARMS:

Hands.....down

1. Raise arms sidewise.....one.....halt.....correction

2. Raise arms upward.....two.....halt

3. Return.....three.....halt

4. Position.....four.....halt

Repeat three times, omit the word halt.

Repeat all.

LEGS:

Toe-step left sidewise.....one.....halt.....correction

Raise left leg.....two.....halt

Return to first step.....three.....halt

Close step.....four.....halt

Repeat all three times.

Repeat all right.

BREATHING:

Slowly raising and lowering arms sidewise.

See suggested list of games page 145.

Lesson Three.**MARCH:**

Stride position left sidewise.....one

Close step to left.....two

Stride position left sidewise.....three

Close step to left.....four

Return to right.....4 counts

Continue to right.....4 counts

Return to left.....4 counts

LEGS:

Hands on hips.....place

1. Toe-step left backward.....one.....halt.....correction

2. Raise left leg.....tense backward.....two.....halt
 3. Return to toe-step.....three.....halt
 4. Close step.....four.....halt
- Repeat three times, omit the word halt.
Repeat all.

TRUNK:

1. Toe-step left backward.....one.....halt
 2. Bend trunk backward.....two.....halt
 3. Return trunk to position.....three.....halt
 4. Close step.....four.....halt
- Repeat three times, omit the word halt.
Repeat all, right.

ARMS:

- Arms.....down
1. Raise arms backward.....one.....halt
 2. Lower head backward.....two.....halt
 3. Return head to position.....three.....halt
 4. Close step with arms down.....four.....halt
- Repeat three times, omit the word halt.
Repeat all.

BREATHING:

Inhale and raise arms upward.
Exhale, lower arms backward, downward.
Repeat several times.
See suggested list of games page 145.

Lesson Four.**POSITION.****HEAD:**

1. Hands on hips.....one.....halt.....correction
 2. Lower head forward.....two.....halt
 3. Return head to position.....three.....halt
 4. Arms down to position.....four.....halt
- Repeat three times, omit the word halt.
Repeat all.

ARMS:

1. Hands on hips.....one.....halt
 2. Extend arms sidewise.....two.....halt
 3. Return hands to hips.....three.....halt
 4. Arms down to position.....four.....halt
- Repeat three times, omit the word halt.
Repeat all.

TRUNK:

- Hands on hips.
1. Step position left sidewise.....one.....halt
 2. Bend trunk left sidewise.....two.....halt
 3. Return trunk to position.....three.....halt
 4. Close step.....four.....halt
- Repeat three times, omit the word halt.
Repeat all, right.

LEGS:

- 1. Stride position, left sidewise.....one.....halt
 - 2. Bend left knee.....two.....halt
 - 3. Return to stride.....three.....halt
 - 4. Close step.....four.....halt
- Repeat three times, omit the word halt.
Repeat all, right.
Running for time.....one minute

BREATHING:

Inhale slowly, with raising arms, palm up.
Exhale slowly, with lowering arms.
Repeat several times.
See suggested list of games page 145.

Lesson Five.

THEME:

Bending, straightening, forward direction.
Hands on hips.....place

MARCH:

- 1. Four steps forward.....count four.....halt.....correction
 - 2. Bend knees deep.....count four.....halt
 - 3. Return backward.....count four.....halt
 - 4. Bend knees deep.....count four.....halt
- Repeat three times, omit the word halt.
Repeat all.

HEAD:

- Arms.....down
- 1. Hands upon shoulders.....one.....halt
 - 2. Lower head forward.....two.....halt
 - 3. Return.....three.....halt
 - 4. Arms down.....four.....halt
- Repeat three times.
Repeat all.

ARMS:

- Arms.....down
- 1. Hands upon shoulders.....one.....halt.....correction
 - 2. Extend arms forward.....two.....halt
 - 3. Return hands upon shoulders.....three.....halt
 - 4. Arms down, position.....four.....halt
- Repeat three times, omit the word halt.
Repeat all.

TRUNK:

- Hands on hips.....place
- 1. Stride left forward.....one.....halt
 - 2. Bend trunk forward.....two.....halt
 - 3. Return to stride.....three.....halt
 - 4. Close step.....four.....halt
- Repeat three times, omit the word halt.
Repeat all right.

LEGS:

- 1. Raise left knee to right angle.....one.....halt
- 2. Toe-step left forward.....two.....halt

3. Raise left knee to right angle.....three.....halt
 4. Close step, position.....four.....halt
- Repeat three times, omit the word halt.
Repeat all right.

BREATHING:

- Inhale and fold arms in rear.....4 counts
Exhale. Arms down.
Repeat several times.
See suggested list of games page 145.

Lesson Six.**THEME:**

Turning, bending, straightening, direction backward.

MARCH:

- Mark time in place.....4 counts
Change directions in time by command.

HEAD:

1. Hands on shoulders.....one.....halt.....correction
 2. Turn head left.....two.....halt
 3. Return head.....three.....halt
 4. Hands down.....four.....halt
- Repeat three times, omit the word halt.
Repeat all.

TRUNK:

- Hands on hips.....place
1. Stride left backward.....one.....halt
 2. Turn trunk left.....two.....halt
 3. Return trunk to front.....three.....halt
 4. Close step.....four.....halt
- Repeat three times, omit the word halt.
Repeat.

ARMS:

- Hands.....down
1. Hands upon shoulders.....one.....halt
 2. Extend arms obliquely, downward-
backward, head erect.....two.....halt
 3. Return hands to shoulders.....three.....halt
 4. Arms down, position.....four.....halt
- Repeat three times, omit the word halt.
Repeat all.

LEGS:

- Hands upon hips.....place
1. Raise left knee to right angle.....one.....halt
 2. Extend left leg backward to toe step.....two.....halt
 3. Return to right angle.....three.....halt
 4. Close step.....four.....halt
- Repeat three times, omit the word halt.
Repeat all, right.
Running time.....one and one-half minutes

BREATHING:

Inhale with raising arms backward.

Exhale. Arms down.

Repeat three times.

Repeat all.

See suggested list of games page 145.

Lesson Seven.**THEME:**

Exercise forward and sidewise.

MARCH:

If in school aisles.....every other line face to the rear

In open columns of fours.....every other line face to the rear

1. March forward four steps.....four counts.....halt.....correction

2. Mark time in place.....four counts.....halt

3. March forward four steps.....four counts.....halt

4. Mark time in place.....four counts.....halt

Repeat a dozen times, omit the word halt.

HEAD:

Hands on hips.

1. Lower head forward.....one.....halt

2. Raise and lower head sidewise left.....two.....halt

3. Return head forward.....three.....halt

4. Position, head erect.....four.....halt

Repeat three times, omit the word halt.

Repeat all.

ARMS:

Hands..... down

1. Raise arms forward.....one.....halt

2. Arms sidewise.....two.....halt

3. Return.....three.....halt

4. Arms down.....four.....halt

Repeat three times, omit the word halt.

Repeat all.

TRUNK:

1. Bend trunk forward to right angle.....one.....halt

2. Erect trunk and bend left sidewise.....two.....halt

3. Erect trunk and bend forward.....three.....halt

4. Erect trunk to position.....four.....halt

Repeat three times, omit the word halt.

Repeat all.

LEGS:

1. Extend left leg forward.....one.....halt

2. Swing extended leg to left side.....two.....halt

3. Return leg forward.....three.....halt

4. Close step, position.....four.....halt

Repeat three times, omit the word halt.

Repeat all, right.

Running time.....two minutes

BREATHING:

Inhale, slowly raise arms forward upward.

Exhale slowly, with lowering arms.

Repeat several times.

See suggested list of games page 145.

Lesson Eight.

THEME:

Exercises in backward and upward directions.

HEAD:

1. Lower head backward.....one.....halt.....correction
 2. Lower head forward.....two.....halt
 3. Lower head backward.....three.....halt
 4. Head erect to position.....four.....halt
- Repeat three times, omit the word halt.
Repeat all.

ARMS:

1. Raise arms backward.....one.....halt.....correction
 2. Raise arms forward upward.....two.....halt
 3. Return and backward.....three.....halt
 4. Position.....four.....halt
- Repeat three times, omit the word halt.
Repeat all.

TRUNK:

- Hands on hips.....place
1. Bend trunk backward.....one.....halt
 2. Bend trunk forward.....two.....halt
 3. Bend trunk backward.....three.....halt
 4. Erect trunk to position.....four.....halt
- Repeat three times, omit the word halt.
Repeat all.

LEGS:

1. Raise left leg, extend backward.....one.....halt
 2. Toe-step left forward, extend leg.....two.....halt
 3. Return left leg, extend backward.....three.....halt
 4. Close step, position.....four.....halt
- Repeat three times, omit the word halt.
Repeat all right.
Run and follow leader in any direction, time.....two minutes

BREATHING:

Inhale, slowly raising arms upward.....count four
Exhale slowly, with lowering arms.
Repeat several times.
See suggested list of games page 145.

Lesson Nine.

THEME:

Exercises in raising, swinging, direction sidewise and backward.

Hands in rear.....grasp

HEAD:

1. Lower head left sidewise.....one.....halt.....correction
 2. Carry head backward.....two.....halt
 3. Return to left side.....three.....halt
 4. Head erect, position.....four.....halt
- Repeat three times, omit the word halt.
Repeat all.

ARMS:

- Arms.....down
 1. Raise arms sidewise.....one.....halt
 2. Swing arms, obliquely backward and
 downward.....two.....halt
 3. Return to side.....three.....halt
 4. Position.....four.....halt
 Repeat three times, omit the word halt.
 Repeat all.

TRUNK:

- Hands on hips.....place
 1. Bend trunk left sidewise.....one.....halt
 2. Bend trunk backward.....two.....halt
 3. Return trunk to left side.....three.....halt
 4. Body erect, position.....four.....halt
 Repeat three times.
 Repeat all, right.

LEGS:

1. Raise left leg sidewise.....one.....halt
 2. Swing left leg backward to toe step.....two.....halt
 3. Return left leg sidewise.....three.....halt
 4. Position, close step.....four.....halt
 Repeat three times, omit the word halt.
 Repeat all, right.
 Run to left, to the right, counter left and right by command,
 two minutes.

BREATHING:

- Inhale, slowly raising arms sidewise.....count four
 Exhale, lower arms obliquely downward backward.
 Repeat three times.
 See suggested list of games page 145.

Lesson Ten.

THEME:

Thrust arms forward and upward.

HEAD:

- Arms to thrust.....bend
 1. Thrust arms forward.....one.....halt.....correction
 2. Lower head forward.....two.....halt
 3. Raise head.....three.....halt
 4. Position (arms to thrust).....four.....halt
 Repeat, omit the word halt.....one.....to.....16 counts
 Repeat all.

TRUNK:

- Arms to thrust.....bend
 1. Thrust arms upward.....one.....halt
 2. Bend trunk forward to obtuse angle.....two.....halt
 3. Erect trunk.....three.....halt
 4. Position, arms to thrust.....four.....halt
 Repeat.....one.....to.....16 counts
 Repeat all.

ARMS:

- Arms to thrust.....bend
 1. Thrust arms forward.....one.....halt

2. Return arms to thrust.....two.....halt
3. Thrust arms upward.....three.....halt
4. Position, arms bent to thrust.....four.....halt
- Repeat, omit the word halt.....one.....to.....16 counts
- Repeat all.

LEGS:

- Arms to thrust.....bend
1. Stride left forward.....one.....halt
 2. Bend left knee.....two.....halt
 3. Return to stride.....three.....halt
 4. Position, close step.....four.....halt
 - Repeat, omit the word halt.....one.....to.....16 counts
 - Repeat all.
 - Repeat same, right.
 - Running in a spiral formation, spiral left, spiral right, to the right, to the left, etc.

BREATHING:

- Inhale with raising arms sidewise, palms up, head back.
 Exhale and drop arms, head up.
 Repeat several times.
 See suggested list of games page 145.

Lesson Eleven.**THEME:**

- Exercises in the direction to the side.
 Clap hands twice and extend arms sidewise.....one.....halt
 Return and clap hands twice and lower arms.....two
 Repeat twice.

HEAD:

- Arms to thrust.....bend
1. Thrust arms sidewise.....one.....halt
 2. Lower head left sidewise.....two.....halt
 3. Return, head erect.....three.....halt
 4. Position, arms to thrust.....four.....halt
 - Repeat three times, omit the word halt.

ARMS:

- Arms to thrust.....bend
1. Thrust arms sidewise.....one.....halt
 2. Place hands or finger tips upon shoulders...two.....halt
 3. Thrust arms sidewise.....three.....halt
 4. Position, arms to thrust.....four.....halt
 - Repeat three times, omit the word halt.
 - Repeat all.

TRUNK:

- Arms to thrust.....bend
1. Thrust arms sidewise.....one.....halt
 2. Bend trunk left sidewise.....two.....halt
 3. Return, body erect.....three.....halt
 4. Position, arms to thrust.....four.....halt
 - Repeat three times, omit the word halt.
 - Repeat.....one.....to.....16 counts

LEGS:

- Arms to thrust.....bend
 1. Stride position left sidewise.....one.....halt
 2. Bend left knee.....two.....halt
 3. Tense the left knee.....three.....halt
 4. Position, arms to thrust.....four.....halt
 Repeat three times, omit the word halt.
 Repeat all.
 Same, right.
 Running by time.....two minutes

BREATHING:

- Inhale, raise arms, place hands in rear of neck, fingers
 interlace.....4 counts
 Exhale, drop arms.
 See suggested list of games page 145.

Lesson Twelve.

THEME:

Thrusting exercises, backward and upward directions.

FACING:

- Right about face in four counts.
 Repeat several times.
 Repeat then on a quick command without counts.
 Repeat several times.

HEAD:

- Arms to thrust.....bend
 1. Thrust arms backward.....one.....halt.....correction
 2. Turn head left.....two.....halt
 3. Return head front.....three.....halt
 4. Position, arms to thrust.....four.....halt
 Repeat three times, omit the word halt.
 Repeat.....one.....to.....16 counts

TRUNK:

- Arms to thrust.....bend
 1. Thrust arms upward.....one.....halt
 2. Turn trunk left.....two.....halt
 3. Return trunk to front.....three.....halt
 4. Position, arms to thrust.....four.....halt
 Repeat three times, omit the word halt.
 Repeat.....one.....to.....16 counts

ARMS:

- Arms to thrust.....bend
 1. Thrust arms backward.....one.....halt
 2. Return, arms bend.....two.....halt
 3. Thrust arms upward.....three.....halt
 4. Position, arms to thrust.....four.....halt
 Repeat three times, omit the word halt.
 Repeat all.

LEGS:

- Arms to thrust.....bend
 1. Stride left backward.....one.....halt
 2. Bend left knee.....two.....halt

3. Return and tense left knee.....three.....halt
 4. Position, arms to thrust.....four.....halt
- Repeat three times, omit the word halt.
Repeat all, right.
Running for endurance on time.

BREATHING:

Inhale with raising arms sidewise upward and drop hands in rear of head.

Elbows back.....slowly, four counts.

Exhale and drop arms to side.

Repeat.

See suggested list of games page 145.

Exercises

FOR PUPILS OF THE FOURTH GRADE

Fourth Grade Aims.



Importance of correct posture
concepts in varied combinations
of movements. Light to medium
exercises for endurance—run-
ning, apparatus gymnastics
(rhythmic series of recurring
movements, as “traveling” never
to the point of fatigue). *Plays and
Games:* To lower reaction time
between definite sense-percep-
tions and definite
actions.

GRADE FOUR.

Lesson One.

THEME:

Exercise in bending and extending, forward and upward.

March forward three steps with close step.....4 counts

Bend knees deep.....4 counts

Return backward.....4 counts

Bend knees deep.....4 counts

Repeat.

HEAD:

Hands upon hips.....place

1. Lower head forward and place hands upon shoulders, knuckles
upward.....one.....halt.....correction

Return hands to hips, head erect.....two.....halt

Repeat eight times, omit the word halt.

ARMS:

Hands upon hips.....place

1. Extend arms forward with bending knees

deep.....one.....halt.....correction

2. Return to position, hands upon hips.....two.....halt

3. Extend arms forward, with bending knees

deep.....three.....halt

4. Position, hands upon hips.....place.....four.....halt

5. Extend arms upward, palms inward.....five.....halt

6. Lower hands upon hips.....place.....six.....halt

7. Extend arms upward.....seven.....halt

8. Position, hands upon hips.....eight.....halt

Repeat three times, omit the word halt.

Repeat all.

TRUNK:

Hands upon hips.....place

A 1. Bend trunk forward with stride position,

forward left.....one.....halt

2. Erect trunk and close step and return.....two.....halt

3. Repeat exercise A.....three.....halt

4. Position, close step.....four.....halt

Repeat same, right.....four counts

Repeat all alternately three times, omit the word halt.

LEGS:

Hands on hips.....place

A 1. Raise left knee to right angle with ex-

tending arms forward.....one.....halt

2. Return, close step.....two.....halt

3. Repeat exercise A.....three.....halt

4. Position, close step.....four.....halt

E 5. Raise right knee to right angle with ex-

tending arms upward.....five.....halt

6. Return to close step.....six.....halt

7. Repeat exercises E.....seven.....halt
 8. Position, close step, arms down.....eight.....halt
- Repeat three times, omit the word halt.
Repeat all.

RUNNING:

1. With arms circle over head.....one.....to.....eight counts
 2. Hands on hips.....one.....to.....eight counts
- Repeat a dozen times.

BREATHING:

- Inhale and draw elbows backward.....one.....to.....16 counts
Exhale.....position
Repeat several times.
See suggested list of games page 150.

Lesson Two.**THEME:**

Raising, lowering, forward and upward directions.

MARCH:

- Hands in rear.....grasp
1. March forward.....four counts
 2. Raise upon toes.....one.....halt.....correction
 3. Lower.....two.....halt
 4. Raise upon toes.....three.....halt
 5. Lower.....four.....halt
 6. March backward.....four counts
 7. Raise upon toes.....one.....halt
 8. Lower.....two.....halt
 9. Raise upon toes.....three.....halt
 10. Close step.....four.....halt
- Repeat three times, omit the word halt.

HEAD:

- Arms.....place
- A 1. Lower head forward, raise arms forward.....one.....halt.....correction
 2. Return to position.....two.....halt
 3. Repeat exercise A.....three.....halt
 4. Return to position.....four.....halt
 - E 5. Lower head backward, raise arms up-ward.....five.....halt
 6. Return to position.....six.....halt
 7. Repeat exercise E.....seven.....halt
 8. Return to position.....eight.....halt
- Repeat three times, omit the word halt.
Repeat all.

TRUNK:

- Hands on hips.....place
- A 1. Toe-step left forward and bend trunk forward.....one.....halt
 2. Return to close step, trunk erect.....two.....halt
 3. Repeat exercise A.....three.....halt
 4. Return to position.....four.....halt
- Repeat same, right, omit the word halt.....four counts
Repeat three times.
Repeat all.

ARMS:

- Hands.....down
- A 1. Raise arm, forward, upward with raising
left leg forward.....one.....halt
2. Return to position.....two.....halt
3. Repeat exercise A.....three.....halt
4. Return to position.....four.....halt
- Repeat all same, right, omit the word halt.....four counts
- Repeat alternately, left and right, three times.
- Repeat all.

LEGS:

- Hands in rear.....grasp
- Change step.
1. Step position left forward.....one.....halt.....correction
2. Close step right foot to left.....two.....halt
3. Step position left forward.....three.....halt
4. Step position right forward.....one.....halt
5. Close step left foot to right.....two.....halt
6. Step position right forward.....three.....halt
- Repeat exercises at least a dozen times with gradually adding
a slight spring step to the movements.

BREATHING:

- Inhale and raise arms sidewise upward.....four counts
- Exhale and lower arms forward downward.
- Repeat several times.
- See suggested list of games page 150.

Lesson Three.**THEME:**

Exercises in raising, lowering, sidewise, upward direction.

HEAD:

- a 1. Raise arms sidewise with lowering head
left sidewise.....one.....halt
2. Return to position.....two.....halt
3. Repeat exercise A.....three.....halt
4. Return to position.....four.....halt
- Repeat same, right, omit the word halt.....four counts
- Repeat left and right alternately.

TRUNK:

- Hands in rear of head, elbows back.....place
- A 1. Bend trunk left sidewise with toe-step left
sidewise.....one.....halt
2. Return to position.....two.....halt
3. Repeat exercise a.....three.....halt
4. Return to position.....four.....halt
- Repeat same, right, omit the word halt.....four counts
- Repeat same left and right alternately.

ARMS:

- Arms.....down
- A 1. Raise arms sidewise with raising left leg
sidewise.....one.....halt
2. Return to position, close step.....two.....halt
3. Repeat exercise A.....three.....halt

4. Return to position.....four.....halt
 Repeat same, right, omit the word halt.....four counts
 Repeat all exercises, left and right, alternately.

LEGS:

- Hands on hips.....place
1. Hop, change step forward, starting left.....one.....and.....two
 2. Hop, change step forward, starting right.....three.....and.....four
- Repeat and continue for a minute.

BREATHING:

- Inhale and raise arms sidewise upward.....count four
 Exhale.....drop arms
 See suggested list of games page 150.

Lesson Four.**THEME:**

Exercises in raising, lowering, direction upward and backward.

HEAD:

- A 1. Lower head forward, arms backward,
 palms forward.....one.....halt
2. Return to position.....two.....halt
 3. Repeat exercise A.....three.....halt
 4. Return to position.....four.....halt
 5. Lower head back, arms backward.....five.....halt
 6. Return to position.....six.....halt
 7. Repeat, head backward, arms backward.....seven.....halt
 8. Return to position.....eight.....halt
- Repeat all exercises, omit the word halt.
 Repeat.

TRUNK:

- Hands on hips.....place
- A 1. Bend trunk backward with toe step left
 backward, knee tense.....one.....halt
2. Return to position.....two.....halt
 3. Repeat exercise A.....three.....halt
 4. Return to position.....four.....halt
- Repeat same, right, omit the word halt.....four counts
 Repeat all left and right alternately.....one.....to.....16 counts
 Repeat all.

ARMS:

- Arms.....down
- A 1. Extend left leg backward, toe step, swing
 arms backward and upward.....one.....halt
2. Return to close step, arms down.....two.....halt
 3. Repeat exercise A.....three.....halt
 4. Return to position.....four.....halt
- Repeat same, right, omit the word halt.....four counts
 Repeat all left and right, alternately.....one.....to.....16 counts

LEGS:

- Hands on hips.....place
1. Hop cross change step left.....count.....one and two
 2. Hop cross change step right.....count.....one and two
- Repeat left and right alternately for two minutes.

BREATHING:

Inhale and raise arms forward upward (palms inward) four counts.
 Exhale and lower arms backward (palms forward).
 Repeat several times.
 See suggested list of games page 150.

Lesson Five.**THEME:**

Bending, straightening, directions sidewise and upward.

HEAD:

- A 1. Lower head left sidewise, hands on hips.....one...halt....correction
 2. Return to position, arms down.....two.....halt
 3. Repeat exercise A.....three.....halt
 4. Return to position.....four.....halt
 Repeat alternately three times, omit the word halt
one.....to.....16 counts.
 Repeat all.

TRUNK:

- Hands on hips.....place
 A 1. Bend trunk left and stride left sidewise.....one.....halt
 2. Return to position, close step out, erect
 body.....two.....halt
 3. Repeat exercise A.....three.....halt
 4. Return to position.....four.....halt
 Repeat same, right.....count four
 Repeat three times, alternately, omit the word halt.
 Repeat all.

ARMS:

- Hands upon hips.....place
 A 1. Extend arms sidewise with bending knees
 deep.....one.....halt
 2. Return to position.....two.....halt
 3. Repeat exercise A.....three.....halt
 4. Return to position.....four.....halt
 Repeat same, right.....count four
 Repeat three times, alternately, omit the word halt.
 Repeat all.

LEGS:

- Hands upon hips.....place
 A 1. Change left sidewise with extending arms
 sidewise.....one.....halt
 2. Return to position.....two.....halt
 3. Repeat exercise A.....three.....halt
 4. Return to position, close step and body
 erect.....four.....halt
 5. Repeat same, right.....count four
 Repeat three times, omit the word halt.
 Repeat all.

STEPS:

Change step sidewise left with toes step left forward.....count four
 Return same, right.....count four
 Repeat several times.

BREATHING:

Inhale and raise arms obliquely sidewise upward to an angle of 45°.

Exhale and lower arms.

Repeat several times.

See suggested list of games page 150.

Lesson Six.**THEME:**

Bending, straightening and turning body and arms to backward and upward direction.

MARCH:

About face..... infour counts

Mark time in place.....four counts

About face..... infour counts

Mark time.....four counts

Repeat three times.

HEAD:

Hands on hips.....place

A 1. Turn head to left with arms to thrust.....one.....halt

2. Return to position.....two.....halt

3. Repeat exercise A.....three.....halt

4. Return to position.....four.....halt

Repeat same, right.....count four

Repeat three times, omit the word halt.

Repeat all.

TRUNK:

Hands on hips.....place

A 1. Stride left backward with turning trunk left.....one.....halt

2. Return to position.....two.....halt

3. Repeat exercise A.....three.....halt

4. Return to position.....four.....halt

Repeat same, right.....count four

Repeat three times, omit the word halt.

Repeat.

ARMS:

Arms to thrust.....bend

A 1. Thrust arms backward with bending knees

halfway.....one.....halt

2. Return to position (body erect).....two.....halt

3. Repeat exercise A.....three.....halt

4. Return to position.....four.....halt

5. Thrust arms upward with raising on toes.....five.....halt

6. Return to position.....six.....halt

7. Thrust arms upward with raising on toes.....seven.....halt

8. Return to position.....eight.....halt

Repeat three times, omit the word halt.

Repeat all.

LEGS:

Hands on shoulders.....place

A 1. Raise left lower leg backward upward to right
angle with extending arms upward (palms
inward)one.....halt

2. Return to position (close step, arms down).....two.....halt

3. Repeat exercise A.....three.....halt

4. Return to position.....four.....halt
 Repeat same, right.....count four
 Repeat three times, omit the word halt.

BREATHING:

Inhale and slowly raise arms backward.....count eight
 Exhale and lower arms.
 Repeat several times.
 See suggested list of games page 150.

Lesson Seven.**THEME:**

Carrying and raising arms and body to side and backward direction.

HEAD:

Hands on hips.....place
 1. Lower head left sidewise and stride position left.....one.....halt
 2. Lower head backward.....two.....halt
 3. Return head to left side.....three.....halt
 4. Return to position.....four.....halt
 Repeat same, right, omit the word halt.....count four
 Repeat all three times.

TRUNK:

1. Twist trunk left with raising arms sidewise.....one.....halt
 2. Bend trunk backward, place hands upon hips.....two.....halt
 3. Erect trunk and extend arms sidewise.....three.....halt
 4. Return to position (facing to the front).....four.....halt
 Repeat same, right.....count four
 Repeat three times, omit the word halt.

ARMS:

Hands on hips.....place
 A 1. Extend arms straight backward, step left
 backward.....one.....halt
 2. Raise arms to side on the level with shoulder.....two.....halt
 3. Repeat exercise A.....three.....halt
 4. Return to position, feet together, arms down.....four.....halt
 Repeat same, right.....count four
 Repeat three times.

LEGS:

Arms.....down
 A 1. Step position left sidewise, arms sidewise.....one.....halt
 2. Clap hands in rear, arms extended.....two.....halt
 3. As exercise A.....three.....halt
 4. Return to position.....four.....halt
 Repeat same, right.....count four
 Repeat three times.
 Polka step left sidewise.....count one and two
 Cross step right over left.....count three and four
 Return right.....count four
 Repeat several times.

BREATHING:

Inhale with raising arms sidewise.....count four
 Exhale with circling arms backward to position.
 Repeat several times.
 See suggested list of games.

Lesson Eight.**THEME:**

Raising and lowering arms and body forward and backward.

HEAD:

- Hands on hips.....place
 1. Lower head forward and stride left forward.....one.....halt
 2. Carry head to left.....two.....halt
 3. Lower head forward.....three.....halt
 4. Return to position.....four.....halt
 Repeat same, right.....count four
 Repeat three times, omit the word halt.

TRUNK:

- Arms.....down
 1. Bend trunk forward, arms backward.....one.....halt
 2. Bend trunk sidewise, arms sidewise.....two.....halt
 3. Bend trunk forward, arms backward.....three.....halt
 4. Return to position.....four.....halt
 Repeat three times, omit the word halt.

ARMS:

- Arms.....down
 1. Raise arms sidewise and stride position left.....one.....halt
 2. Move arms forward (palms inward).....two.....halt
 3. Return arms to side position.....three.....halt
 4. Return to position.....four.....halt
 Repeat same, right.....count four
 Repeat three times, omit the word halt.

LEGS:

- Arms.....down
 1. Toe-step left forward, arms forward.....one.....halt
 2. Move arms sidewise.....two.....halt
 3. Return toe-step forward, arms forward.....three.....halt
 4. Return to position.....four.....halt
 Repeat same, right.....count four
 Repeat all three times, omit the word halt.
 Polka hop step forward.....four counts
 March four steps forward.....four counts
 Polka hop step forward.....four counts
 March four steps forward.....four counts
 Repeat several times.

BREATHING:

Inhale with raising arms slowly upward, counting eight.
 Exhale and slowly lower arms.
 Repeat several times.
 See suggested list of games page 150.

Lesson Nine.**THEME:**

Raising, lowering, carrying in direction, backward and forward.

HEAD:

- Hands on shoulders.....place
 1. Lower head backward with stride position left
 backwards.....one.....halt
 2. Lower head forward.....two.....halt

3. Lower head backward.....three.....halt
4. Return to position, arms down, close step.....four.....halt
- Repeat same, right.....four counts
- Repeat three times.

TRUNK:

- Arms.....down
1. Bend trunk backward with raising arms backward, arms tense, palms inward.....one.....halt
 2. Bend trunk forward.....two.....halt
 3. Bend trunk backward, arms tense, palms inward.....three.....halt
 4. Return to position, arms low.....four.....halt
- Repeat three times, omit the word halt.

ARMS:

- Swing arms forward upward with toe-step position left forward.....one.....halt
- Swing arms, circle backward, forward, upward.....two.....halt
- Swing arms, circle forward, downward, backward, upward.....three.....halt
- Arms forward, down and close step.....four.....halt
- Repeat same, right.....count four
- Repeat all exercises, omit the word halt.

LEGS:

- Arms.....down
1. Stride position left forward, arms forward.....one.....halt
 2. Swing arm, circle backward upward.....two.....halt
 3. Return arms backward.....three.....halt
 4. Return to fundamental position.....four.....halt
- Repeat same, right.....four counts
- Repeat three times, left and right alternately, omit the word halt.

BREATHING:

- Inhale and raise arms sidewise with hands in rear of neck....count four
- Exhale and drop arms down.
- Repeat several times.
- See suggested list of games page 150.

Lesson Ten.**THEME:**

Thrusting arms upward and forward.

MARCH:

- March four steps forward.....four counts
- About face, quick, four steps forward.....four counts
- About face, quick, four steps forward.....four counts
- About face, quick, four steps forward.....four counts
- Rest.
- Repeat three times.

HEAD:

- Arms.....down
1. Hands on shoulders.....one.....halt
 2. Extend arms forward, lower head forward.....two.....halt
 3. Return hands to shoulders, head up.....three.....halt
 4. Position, arms down, close step.....four.....halt
- Repeat three times, omit the word halt.

TRUNK:

- Arms.....down
1. Stride left forward, hands on shoulders.....one.....halt
 2. Bend trunk forward.....two.....halt
 3. Body erect.....three.....halt
 4. Position, close step, arms down.....four.....halt
- Repeat same, right.....count four
- Repeat three times, omit the word halt.

ARMS:

- Arms.....down
1. Arms to thrust and stride left forward.....one.....halt
 2. Thrust arms upward with bending left knee.....two.....halt
 3. Return arms to thrust and stride position.....three.....halt
 4. Position, close step, arms down.....four.....halt
- Repeat same, right.....four counts
- Repeat three times left and right, alternately.

LEGS:

- Arms.....down
1. Stride left forward with arms to thrust.....one.....halt
 2. Bend left knee and thrust arms forward.....two.....halt
 3. Return to stride left, arms to thrust.....three.....halt
 4. Return to position.....four.....halt
- Repeat same, right.....four counts
- Repeat three times, omit the word halt.
- Polka step once around space of room.
- Repeat backward.

BREATHING:

- Inhale with moving elbows backward, slowly.....four counts
- Exhale, drop arms.
- Repeat several times.
- See suggested list of games page 150.

Lesson Eleven.**THEME:**

Thrusting sidewise and upwards.

HEAD:

- Arms in front.....fold
1. Extend arms sidewise and turn head left.....one.....halt
 2. Return to folded arm position, face front.....two.....halt
 3. Extend arms sidewise, turn head left.....three.....halt
 4. Position to folded arms.....four.....halt
- Repeat same, right.....count four
- Repeat three times, omit the word halt.
- Rest.....arms.....down

TRUNK:

- Arms.....down
- A 1. Arms folded in front with stride position left
sidewise.....one.....halt
2. Bend trunk left with extending arms sidewise.....two.....halt
 3. Repeat exercise A.....three.....halt
 4. Arms down, close step to position.....four.....halt
- Rest.
- Repeat same, right.....count four
- Repeat three times, omit the word halt.

ARMS:

- Arms.....down
1. Arms to thrust, bend, with stride position left sidewise.....one.....halt
 2. Thrust arms left sidewise and bend left knee.....two.....halt
 3. Arms to thrust, bend, with stride position left.....three.....halt
 4. To position, arms down.....four.....halt
- Repeat same, right.....four counts
- Repeat three times, omit the word halt.

LEGS:

- Arms.....down
1. Stride left sidewise, arms to thrust.....one.....halt
 2. Bend left knee and thrust arms sidewise.....two.....halt
 3. Return to left stride, arms to thrust.....three.....halt
 4. Return to position, arms down, close step.....four.....halt
- Rest.
- Repeat same, right side.....count four
- Repeat three times, omit the word halt.
- Polka step left sidewise.....two counts
- Cross step in rear of left arm rocking step.....two counts
- Repeat same, right.....four counts
- Repeat all for about a minute.

BREATHING:

- Inhale and raise arms sidewise (palms upward).....count four
- Exhale and lower arms.
- Repeat several times.
- See suggested list of games page 150.

Lesson Twelve.**THEME:**

Arms thrusting forward, upward, backward.

HEAD:

1. Hands upon shoulders.....one.....halt
 2. Turn head left and extend arms backward.....two.....halt
 3. Return hands upon shoulders.....three.....halt
 4. Return to position.....four.....halt
- Repeat same, right.....count four
- Repeat three times, omit the word halt.

TRUNK:

- Arms.....down
1. Stride left backward, hands on shoulders.....one.....halt
 2. Turn trunk left.....two.....halt
 3. Return trunk to front.....three.....halt
 4. Position (close step, arms down).....four.....halt
- Rest.
- Repeat same, right.
- Repeat three times, omit the word halt.

ARMS:

- Arms.....down
1. Arms to thrust and stride left forward.....one.....halt
 2. Bend left knee and thrust arms upward.....two.....halt
 3. Return arms to thrust and tense knees.....three.....halt

- 4. Position, arms down, close step.....four.....halt
Rest.
Repeat same, right.....count four
Repeat three times, omit the word halt.

LEGS:

- Arms.....down
- 1. Stride left backward, arms to thrust.....one.....halt
- 2. Bend left knee and thrust arms forward.....two.....halt
- 3. Return to stride and arms to thrust.....three.....halt
- 4. Return to position.....four.....halt
Rest.
Repeat same, right.....four counts
Repeat three times, omit the word halt.

BREATHING:

- Inhale with slowly raising arms backward (palms to the front).....count eight.
- Exhale slowly, lower arms.
- Inhale a short breath.
- Repeat several times.
- See suggested list of games page 150.

Exercises

FOR PUPILS OF THE FIFTH GRADE

*Movements of
one and two parts in one or more
directions; also combina-
tions of same.*



Improvement of volitional control through efforts in new co-ordination problems—free and apparatus gymnastics. Improvement of gait and poise, balancing exercises. Special adaptation of running and jumping exercises; moderately increased demands. Preference for the more active running games. Training for pleasure in action. Introduction for elementary dancing calisthenics (girls). *Plays and Games:* To be added: “Antagonistics” in groups, employing apparatus as: poles, ropes, like orders, without individual distinction.

EXPLANATIONS AND COMMANDS WHEN USING WANDS.

The wands to be used for this work in our schools are wand sticks three feet long and one inch thick. They are kept in wand receptacles in two corners of the room or in the hallways. The wands may be distributed among pupils while sitting, standing or marching, etc.

While standing:

After rising, pupils face to left or right side of room. The monitor, with the required number of wands for set file, may stand at either end of their row. At the command of teacher the wands are passed along the line from one pupil to the other until all are supplied. At the command, all face to the front of room. The minute the pupil receives his wand he must carry it in right hand, the lower end resting on first and second fingers with upper part vertical against right shoulder to fundamental position. Collect wands in same manner.

Resting position is taken only from "carry," viz.: left hand grasping top end of wand and lower part of wand horizontal forward downward from vertical position. Left front forward and rest.

The regular exercising position is taken at command with wand carried in right hand to fundamental position.....stand

Starting.....position

This position, from which all wand exercises in this manual start, is taken by grasping the wand with left hand at the upper end, knuckles to the rear at once, and lowering it in front of thighs horizontally at two, arms extended.

Two kinds of grips or holds are used: OVER-GRIP is taken with knuckles upward, thumbs inward (toward each other). UNDER-GRIP is taken with knuckles downward, thumbs outward (also called reverse grip). Carry wand to the right or left shoulder at the end of lesson, viz.: raise left or right end of wand upward, vertical, hand over head, at one, lower same hand at two. Over-Grip is always the natural grip.

All exercises begin from starting position.

FIFTH GRADE.

Lesson One.

Teachers are requested to practice rising and closing exercises, resting and exercising position and arrange pupils, smallest in front, sexes separated, before the special instructor begins with the first lesson. Appoint monitors for windows. Appoint monitors for wands, practice distributing and collecting them.

For explanation, all exercises and commands, see pages 9, 10, 11, 12 and 13.

Rise and take places, taking distance by raising arms forward without interference.

ARMS:

1. Raise wand horizontally forward, arms tense, height
of shoulders.....one.....halt.....corrections
2. Lower to position.....two.....halt
Repeat and omit the word halt.....one.....to.....16 counts
1. Raise wand horizontally forward, upward, arms
tense.....one.....halt

2. Lower to position.....two.....halt
Repeat and omit the word halt.....one.....to.....16 counts
Exercises one and two alternately in four counts.
1. Raise arms forward with bending knee deep, heels up,
knees out.....one.....halt
2. Raise to position.....two.....halt
Repeat, omit the word halt.....one.....to.....16 counts
Repeat all.
1. Raise arms forward with raising on toes.....one.....halt
2. Lower to position.....two.....halt
Repeat, omit the word halt.....one.....to.....16 counts
Repeat all.
- Wand horizontally in rear of shoulder.....place
1. Bend trunk forward to obtuse angle.....one.....halt
2. Return to position.....two.....halt
Repeat, omit the word halt.....one.....to.....16 counts
Repeat all.
1. Bend trunk backward.....one.....halt
2. Return to position.....two.....halt
Repeat, omit the word halt.....one.....to.....16 counts
Repeat all.

BREATHING:

Breathing exercise with raising wand horizontally forward, height of shoulders, and lowering it in twelve counts.

Inhale in six counts and exhale in same manner.

REMARKS:

See page sixty-nine for wand explanations.

See suggested list of games page 157.

Lesson Two.**THEME:**

Wand vertically forward.

ARMS:

1. Raise wand vertically forward, left arm up, hand opposite head, right arm obliquely forward, downward, arm extended.....one.....halt
2. Lower to horizontal position.....two.....halt
Repeat all, omit the word halt.....one.....to.....16 counts
Repeat same, right, right hand up.
Repeat all left and right alternately.....one.....to.....16 counts
Repeat all.

LEGS:

1. Raise wand horizontally forward upward, with raise left lower leg up backward.....one.....halt
2. Return to position.....two.....halt
Repeat same, right side.....three.....four
Repeat all left and right alternately.....one.....to.....16 counts
Repeat all.

TRUNK:

1. Raise wand vertically forward, left arm up, with twisting trunk left.....one.....halt
2. Return to front position.....two.....halt
Repeat all, omit the word halt.....one.....to.....16 counts
Repeat same, right.

LEGS:

1. Swing wand horizontally over head to rear of shoulders and lunge forward left.....one.....halt
 2. Return to position.....two.....halt
 3. Repeat same, right.....three.....halt
 4. Position, close feet.....four.....halt
- Repeat alternately, omit the word halt.....one.....to.....16 counts
Repeat all.

BREATHING:

Inhale and raise wand horizontally forward, upward.....six counts
Exhale slowly, with lowering arms.....six counts
See suggested list of games page 157.

Lesson Three.

THEME:

Wand horizontally sidewise, height of shoulders.
Raise wand horizontally sidewise, left, height of shoulders.
Left arm extended, right arm bent, with hand under chin.

ARMS:

1. Raise arm and wand left sidewise.....one.....halt.....corrections
 2. Lower to position.....two.....halt
- Repeat, omit the word halt.....one.....to.....16 counts
Repeat.
Repeat same, right.....one.....to.....16 counts
Repeat exercise alternately, right, left.....one.....to.....16 counts
Repeat.

LEGS:

1. Raise arms sidewise left with raising left leg
sidewise tense.....one.....halt
 2. Return to position.....two.....halt
- Repeat all, omit the word halt.....one.....to.....16 counts
1. Raise arms sidewise right with raising right
leg sidewise.....one.....halt
 2. Return to position.....two.....halt
- Repeat all, omit the word halt.....one.....to.....16 counts
Repeat alternately, left and right.....one.....to.....16 counts
Repeat.

Wand horizontally in rear of shoulders.....place

1. Bend and straighten trunk sidewise left.....one.....halt
 2. Return to erect position.....two.....halt
 3. Opposite side, right.....three.....halt
 4. Position, wand on shoulders.....four.....halt
- Repeat alternately.....one.....to.....16 counts
Repeat.

Face to the left.....count.....one.....two.....stamp right
 $\frac{1}{4}$ turn and face to left.....count.....three.....four.....stamp right
 $\frac{1}{4}$ turn and face to left.....count.....five.....six.....stamp right
 $\frac{1}{4}$ turn and face to left.....count.....seven.....eight.....stamp right
Repeat same, right.
Wand down.

BREATHING:

Inhale, raise wand horizontally forward, upward.....six counts
 Exhale, lower wand.....six counts
 See suggested list of games page 157.

Lesson Four.**THEME:**

Wand vertically on shoulders.

ARMS:

1. Raise wand vertically to left shoulder, left arm extended upward, right hand at left shoulder, elbow high.....one.....halt.....corrections
2. Lower to position, arms down.....two.....halt
 Repeat same, omit the word halt.....one.....to.....16 counts
 Repeat.
 Repeat same, right.....one.....to.....16 counts
 Repeat same, left and right, alternately.....one.....to.....16 counts

TRUNK:

1. Bend trunk left sidewise with wand vertically on left shoulder.....one.....halt
2. Return to position, arms down, wand horizontal.....two.....halt
 Repeat, omit the word halt.....one.....to.....16 counts
1. Bend trunk right sidewise, wand vertically on right shoulder.....one.....halt
2. Return to position, arms down.....two.....halt
 Repeat all, omit the word halt.....one.....to.....16 counts
 Repeat same, left and right, alternately.....one.....to.....16 counts

LEGS:

1. Raise wand vertically on left shoulder with lunging left sidewise.....one.....halt
2. Return to position, feet closed, arms down.....two.....halt
 Repeat, omit the word halt.....one.....to.....16 counts
1. Lunge right sidewise, wand vertically on right shoulder.....one.....halt
2. Return to position.....two.....halt
 Repeat all, omit the word halt.....one.....to.....16 counts
 Repeat alternately, left and right.....one.....to.....16 counts

BREATHING:

Inhale and raise wand horizontally over head.....six counts
 Exhale, lower wand.....six counts
 See suggested list of games page 157.

Lesson Five.**THEME:**

Wand vertically.

ARMS:

1. Raise wand vertically to left side, right forearm over head, left hand on hip.....one.....halt.....correction
2. Return to position.....two.....halt
 Repeat, omit the word halt.....one.....to.....16 counts
1. Raise wand vertically to right side, left forearm over head, right hand on hip.....one.....halt

2. Return to position.....two.....halt
Repeat, alternately, left and right.....one.....to.....16 counts
Repeat all.

TRUNK:

1. Twist trunk left with wand vertically upon left hip, right arm bent over head, left hand on left hip....one.....halt
2. Return to position.....two.....halt
Repeat all, omit the word halt.....one.....to.....16 counts
1. Twist trunk right, wand vertically on right hip, left arm bent over head, right hand on hip....one.....halt
2. Return to position.....two.....halt
Repeat, omit the word halt.....one.....to.....16 counts
Repeat same, alternately, left and right....one.....to.....16 counts

LEGS:

1. Raise left leg sidewise, wand vertically on left hip.....one.....halt
2. Return to position.....two.....halt
Repeat all, omit the word halt.....one.....to.....16 counts
1. Raise right leg sidewise, wand vertically on right hip.....one.....halt
2. Return to position.....two.....halt
Repeat all, omit the word halt.....one.....to.....16 counts
Repeat all, alternately, left and right.....one.....to.....16 counts

BREATHING:

- Inhale and raise wand horizontally forward, upward.....6 counts
Exhale and lower wand horizontally left, sidewise.....6 counts
See suggested list of games page 157.

Lesson Six.**THEME:**

Wand forward obliquely upward.

ARMS:

1. Wand forward obliquely upward, left arm forward, right upward, arms tense.....one.....halt..... correction
2. Return to position.....two.....halt
Repeat, omit the word halt.....one.....to.....16 counts
1. Wand forward obliquely upward, right arm forward, left upward, arms tense.....one.....halt
2. Return to position.....two.....halt
Repeat all, omit the word halt.....one.....to.....16 counts
Repeat all, alternately, left and right....one.....to.....16 counts

TRUNK:

1. Raise wand horizontally in front of chest, elbows bent shoulder height, with bending trunk forward to right angle.....one.....halt
2. Return to position.....two.....halt
Repeat, omit the word halt.....one.....to.....16 counts
1. Raise wand horizontally forward upward, bending trunk backward.....one.....halt
2. Repeat, omit the word halt.....one.....to.....16 counts
Repeat, alternately, forward and backward.....one.....to.....16 counts

LEGS:

1. Bend knees deep, wand horizontally in front of chest, with arms bent, elbows high.....one.....halt
2. Return to position.....two.....halt
- Repeat, omit the word halt.....one.....to.....16 counts
1. Raise upon toes, wand horizontally in front of chest, and bend arms, elbows shoulder height.....one.....halt
2. Return to position.....two.....halt
- Repeat, omit the word halt.....one.....to.....16 counts
- Repeat all.....one.....to.....16 counts

BREATHING:

- Inhale and raise wand horizontally forward, upward.....six counts
- Exhale, lowering arms right sidewise.....six counts
- See suggested list of games page 157.

Lesson Seven.

THEME:

- Wand obliquely across the back, left or right arm extended downward, left or right hand on shoulder.

ARMS:

1. Wand over head obliquely across the back, left arm extended downward, right hand over right shoulder.....one.....halt.....correction
2. Return to position.....two.....halt
- Repeat, omit the word halt.....one.....to.....16 counts
- Repeat same, opposite side.....one.....to.....16 counts
- Repeat alternately, left and right.....one.....to.....16 counts

TRUNK:

1. Bend trunk forward to right angle, with raising wand horizontally forward in line with trunk.....one.....halt
2. Return to position.....two.....halt
- Repeat, omit the word halt.....one.....to.....16 counts
1. Bend trunk backward with raising wand horizontally forward upward.....one.....halt
2. Return to position.....two.....halt
- Repeat, omit the word halt.....one.....to.....16 counts
- Repeat, forward and backward, alternately.....one.....to.....16 counts

LEGS:

1. Raise left leg backward with swinging wand over head, wand left obliquely down backward.....one.....halt
2. Return with a swing to position.....two.....halt
- Repeat, omit the word halt.....one.....to.....16 counts
1. Raise right leg backward with swinging wand over head, wand right obliquely downward backward.....one.....halt
2. Return with a swing to position.....two.....halt
- Repeat, omit the word halt.....one.....to.....16 counts
- Repeat, left and right, alternately.....one.....to.....16 counts

BREATHING:

Inhale and raise wand horizontally over head and drop wand upon shoulders.....six counts
 Exhale and return arms to position.....six counts
 See suggested list of games page 157.

Lesson Eight.**THEME:**

Raising, lowering, direction sidewise.

1. Clap hands in front and raise arms sidewise.....one.....halt
 2. Place hands upon shoulders.....two.....halt
 3. Extend arms sidewise.....three.....halt
 4. Clap hands and lower arms.....four.....halt
- Repeat three times, omit the word halt.

DISTRIBUTE WANDS.

Remarks: Show and explain horizontal, vertical and oblique positions taken in this grade with the wand, as they follow in these lessons, and how to avoid striking the desks.

Pupils to the front.....face. Wands.....lower.....one.....two
 Wand horizontally in front (starting position).

ARMS:

1. Raise wand to horizontal position, left, right, arms bent.....one.....halt
 2. Return to position.....two.....halt
 3. Raise wand horizontally right.....three.....halt
 4. Return to position.....four.....halt
- Repeat, alternately.....one.....to.....16 counts
 Repeat all.

TRUNK:

- Stride position left.....stand. Wand.....down
1. Wand in rear of shoulders.....one.....halt
 2. Bend trunk left sidewise.....two.....halt
 3. Return to position.....three.....halt
 4. Position.....four.....halt
- Repeat, omit the word halt.....one.....to.....16 counts
 Repeat same, right.....one.....to.....16 counts
 Repeat left and right, alternately.....one.....to.....16 counts

LEGS:

- Wand in rear of shoulders.....place
1. Toe-step left, sidewise.....one.....halt
 2. Lower head and raise left leg sidewise.....two.....halt
 3. Return to position.....three.....halt
 4. Position.....four.....halt
- Repeat, omit the word halt.....one.....to.....16 counts
 Repeat same, right.....one.....to.....16 counts
 Repeat, alternately.....one.....to.....16 counts

BREATHING:

Inhale and raise wand forward upward and drop wand upon shoulders.....six counts
 Exhale and raise wand upward and lower.....six counts
 See suggested list of games page 157.

Lesson Nine.

THEME:

Bending, straightening, turning. Direction, backward and upward.

- Hands upon shoulders.....place
1. Left face in four steps.....four counts
 2. Extend arms upward.....four counts
 3. Left face in four steps.....four counts
 4. Extend arms backward.....four counts

DISTRIBUTE WANDS.

HEAD:

1. Turn head left and wand horizontally in rear
of shoulders.....one.....halt
 2. Turn head right.....two.....halt
 3. Turn head left.....three.....halt
 4. Head front and lower arms.....four.....halt
- Repeat same, right.....four counts

ARMS:

1. Wand left obliquely backward, arm tense, right hand over right
shoulder, elbow high.....one.....halt
 2. Return to position.....two.....halt
- Repeat same, left, omit the word halt.....one.....to.....16 counts
- Repeat same, right.....one.....to.....16 counts

TRUNK:

1. Turn trunk left with wand left obliquely, backward and down-
ward, arm tense, right elbow, shoulder
height.....one.....halt
 2. Return to the front, arms down.....two.....halt
- Repeat all, omit the word halt.....one.....to.....16 counts
1. Turn trunk right with wand right obliquely, downward, back-
ward, arms tense, left elbow high.....one.....halt
 2. Return to position.....two.....halt
- Repeat all left, omit the word halt.....one.....to.....16 counts
- Repeat, alternately, left, right.....one.....to.....16 counts

LEGS:

1. Lunge left backward with wand left obliquely,
downward and backward, arm tense, right
elbow shoulder height.....one.....halt
 2. Return to position.....two.....halt
- Repeat all, omit the word halt.....one.....to.....16 counts
1. Lunge right backward with wand right, obliquely downward,
arm tense, elbow high.....one.....halt
 2. Return to position.....two.....halt
- Repeat all right, omit the word halt.....one.....to.....16 counts
- Repeat, alternately, left and right.....one.....to.....16 counts

COLLECT WANDS.

- Bend left knee and raise lower leg upward, hop
on right foot.....one.....halt
- Hop on right foot and extend left leg forward.....two.....halt
- Toe-step backward.....three.....four.....halt
- Repeat same, right.....four counts
- Repeat several times.

BREATHING:

Inhale and slowly raise arms backward.....six counts

Exhale and lower arms.....six counts

See suggested list of games page 157.

Lesson Ten.**THEME:**

Bending, straightening. Direction, forward, backward and upward.

Hands on hips.....place

March forward four steps and extend arms forward.....four counts

Remarks: During the marching the arms exercises are as follows:

1. Extend arms forward.....one.....halt

2. Return to hips.....two.....halt

3. Extend arms forward.....three.....halt

4. Return to hips.....four.....halt

5. Bend knees to obtuse angle with extending
arms upward.....five.....halt

6. Return to position with hands on hips.....six.....halt

7. Bend knees to obtuse angle.....seven.....halt

8. Return to hip position.....eight.....halt

March backward, starting with right foot, extending arms
backward.

Remarks: During the marching backward the arms exercises are
as follows:

1. Extend arms obliquely downward, backward.....one.....halt

2. Return hands on hips.....two.....halt

3. Extend arms obliquely downward, backward.....three.....halt

4. Return to hip position.....four.....halt

5. Bend knees deep with extending arms upward.....five.....halt

6. Return to hands upon hips.....six.....halt

7. Bend knees deep with extending arms upward.....seven.....halt

8. Return to hip position.....eight.....halt

Repeat exercises continuously, omit the word

halt.....one.....to.....16 counts

DISTRIBUTE WANDS.**ARMS:**

1. Wand horizontally forward, arms bent, elbows

sidewise.....one.....halt

2. Extend arms upward.....two.....halt

3. Return to bent arms.....three.....halt

4. Arms down.....four.....halt

Repeat, omit the word halt.....one.....to.....16 counts

TRUNK:

1. Wand horizontally forward, chest height, elbows bent and stride
left forward.....one.....halt

2. Bend trunk forward to right angle with extended
arms downward, arms tense.....two.....halt

3. Return to bent arms, elbows high.....three.....halt

4. Return to starting position.....four.....halt

Repeat, omit the word halt.....one.....to.....16 counts

Repeat same, right, with stride position right

forward.....one.....to.....16 counts

Repeat.

LEGS:

1. Lunge left forward with wand horizontally in front of chest, arms bent, shoulder height.....one.....halt
2. Tense left knee.....two.....halt
3. Bend left knee.....three.....halt
4. Position stand, close feet, arms down.....four.....halt
Repeat all, omit the word halt.....one.....to.....16 counts
Repeat.....one.....to.....16 counts
1. Lunge right forward with wand horizontally in front of chest, arms bent, shoulder height.....one.....halt
2. Tense left knee.....two.....halt
3. Bend left knee.....three.....halt
4. Position stand, close feet, arms down.....four.....halt
Repeat all, omit the word halt.....one.....to.....16 counts
Repeat all.

COLLECT WANDS.

- Hands on hips.....place
1. Hop cross step left on right, left knee tense.....one
 2. Cut step right.....two
 3. Cut step left.....three
 4. Cut step right.....four
Walk four steps forward.....five, six, seven, eight
Repeat exercise.....four counts
Walk backward.....four counts
Repeat all.

BREATHING:

- Inhale and slowly raise arms sidewise upward to about an angle of 45°, palms outward.....six counts
Exhale and slowly lower arms.....six counts
See suggested list of games page 157.

Lesson Eleven.

THEME:

Bending, straightening, turning. Direction, backward and upward.

1. Turn in four counts.....right.....face
2. Turn in four counts.....right about.....face
Repeat several times.

Remark: Always start turning on the word.....face

ARMS:

1. Wand horizontally on shoulders, elbows bent.....one.....halt
2. Extend arms upward.....two.....halt
3. Return wand to shoulders.....three.....halt
4. To position stand, wand horizontally down in front.....four.....halt
Repeat, omit the word halt.....one.....to.....16 counts
Repeat.

TRUNK:

1. Wand on shoulders horizontally with stride right backward.....one.....halt
2. Bend trunk backward, extend arms upward.....two.....halt
3. Return to shoulder position.....three.....halt
4. Close step with arms down to position.....four.....halt
Repeat, omit the word halt.....one.....to.....16 counts

LEGS:

1. Lunge left backward with wand horizontally on shoulders.....one.....halt
 2. Tense left knee and extend arms upward.....two.....halt
 3. Return to bent knee, wand on shoulder.....three.....halt
 4. Close step, wand forward horizontally to front position.....four.....halt
- Repeat, omit the word halt.....one.....to.....16 counts

COLLECT WANDS.

- Hands on hips.....place
1. Hop on right foot and place left foot to right knee, thereby forming a figure 4.....one.....halt
 2. Extend left leg sidewise to toe-step sidewise.....two.....halt
 3. Return to position.....three.....halt
 4. Close step.....four.....halt
- Repeat same, right.....four counts
- Repeat all, omit the word halt.....one.....to.....16 counts

BREATHING:

- Inhale, slowly moving elbows backward.....six counts
- Exhale and return.....six counts
- See suggested list of games page 157.

Lesson Twelve.

THEME:

Raising, straightening and turning. Direction, forward and sidewise.

ARMS:

1. a—Raise wand horizontally forward.
b—Left arm extended forward.
c—Right arm bent, shoulder height.
d—Right hand at left shoulder.....one.....halt
 2. Return to position, arms down.....two.....halt
- Repeat, omit the word halt.....one.....to.....16 counts
1. a—Raise wand horizontally forward.
b—Right arm extended forward.
c—Left arm bent, shoulder height.
d—Left hand at right shoulder.
 2. Return to position, arms down.....two.....halt
- Repeat, omit the word halt.....one.....to.....16 counts

TRUNK:

1. Turn trunk left and extend left arm forward, wand horizontally, right hand at shoulder.....one.....halt
 2. Return to front position.....two.....halt
- Repeat, omit the word halt.....one.....to.....16 counts
1. Turn trunk right and extend right arm forward, wand horizontally, left hand at right shoulder, elbow high.....one.....halt
 2. Return to position.....two.....halt
- Repeat, omit the word halt.....one.....to.....16 counts

LEGS:

- 1. a—Bend knees deep with wand horizontal.
b—Forward, left arm extended.
c—Right hand to left shoulder.
d—Elbow height of shoulder.....one.....halt
- 2. Return to position, arms down, straight body.....two.....halt
Repeat, omit the word halt.....one.....to.....16 counts
Same, right.....one.....to.....16 counts

COLLECT WANDS.

Remarks: Pupils carry wands, face left or right and pass wands to monitors.

- Back of hands on hips.....place
 - 1. Raise left leg sidewise and hop on right foot...one.....halt
 - 2. Bend left leg in front and hop right.....two.....halt
 - 3. Two steps left sidewise....three..four...halt
 - 4. The same right.....five.....to.....eight.....halt
- Repeat all.

BREATHING:

Inhale and slowly raise arms sidewise, palms upward.....six counts
Exhale and return.....six counts
See suggested list of games page 157.

Exercises

FOR PUPILS OF THE SIXTH GRADE

*Movements of
two and three parts in opposite directions
and combinations of same.*



Development and practice of the characteristic forms of apparatus work; preparation for exercise of skill. Training for dexterity, agility, alertness, cultivated in the practice of games; importance of form leading to the more active outdoor games, systematic marching, running and jumping exercises with increased demands for endurance. Avoidance of over-strenuous efforts. *Plays and Games:* As above, ability to recognize advantages and to follow most practical procedures. Reaction of one of several sense-perceptions, through most practical action suggested.

Quick discernment, and
judgment.

SIXTH GRADE.

Lesson One.

THEME:

Raising, lowering. Direction, forward, upward and backward.

Wand horizontal, arms down in front, body erect.

1. March forward four steps, raise and lower arms forward
twice.....count four
2. Mark time in place.....count four
3. Return and march backward.....count four
4. Arms forward twice.....count four

HEAD:

- Hands on hips.....place
1. Toe-step left forward.....one.....halt
 2. Lower head backward and hands on shoulders.....two.....halt
 3. Return, hands on hips, head up.....three.....halt
 4. Return to position, close step.....four.....halt
- Repeat, omit the word halt.....one.....to.....16 counts
1. Toe-step right backward.....one.....halt
 2. Lower head forward, hands on shoulders.....two.....halt
 3. Return hands to hips, head up.....three.....halt
 4. Position.....four.....halt
- Repeat, omit the word halt.....one.....to.....16 counts

ARMS:

- Arms.....down
1. Raise left leg forward with right knee bent.....one.....halt
 2. Step position left backward with arms forward.....two.....halt
 3. Return and raise left leg forward with bending
right knee.....three.....halt
 4. Position stand.....four.....halt
- Repeat, omit the word halt.....one.....to.....16 counts
- Repeat same, right.....one.....to.....16 counts
1. Raise arms backward and right leg forward,
bending the left standing knee.....one.....halt
 2. Swing arms forward, upward and toe-step back-
ward, right.....two.....halt
 3. Return to right leg forward.....three.....halt
 4. Position stand, close step, arms down.....four.....halt
- Repeat, omit the word halt.....one.....to.....16 counts

TRUNK:

- Hands in rear.....grasp
1. Stride left forward.....one.....halt
 2. Bend trunk and raise arms sidewise, upward.....two.....halt
 3. Return, body erect, arms down.....three.....halt
 4. Return to position.....four.....halt
- Repeat, omit the word halt.....one.....to.....16 counts
1. Stride right backward.....one.....halt
 2. Bend trunk forward, right angle.....two.....halt
 3. Return body erect.....three.....halt
 4. Return to position.....four.....halt
- Repeat all, omit the word halt.....one.....to.....16 counts

CHANGE STEP.

1. Step, left foot forward.....one.....halt
 2. Cut right (right foot pushing left forward).....two.....halt
 3. Step left forward.....three.....halt
- Repeat several times, alternately.

COLLECT WANDS.

BREATHING:

- Inhale and raise arms forward upward.....six counts
 Exhale, lower arms.....six counts
 See suggested list of games page 165.

Lesson Two.

THEME:

- Bending, straightening. Direction, forward, backward, upward.
 Hands on hips.....place
1. March forward four steps, straighten arms forward, swing backward, forward and on hips.....four counts
 2. Extend arms upward with bending knees deep.....four counts
 3. March backward, repeat arm and leg exercise.....nine.....to.....16 counts
 4. Repeat.....one.....to.....16 counts

DISTRIBUTE WANDS.

ARMS:

1. Arms crossed, left over right, wand horizontal, square within the arm, elbows height of shoulders.....one.....halt
 2. Extend arms upward, arms tense.....two.....halt
 3. Return to cross arms.....three.....halt
 4. Return to position, arms down.....four.....halt
- Repeat, omit the word halt.....one.....to.....16 counts
 Repeat same, right, right arm over.....one.....to.....16 counts

HEAD:

- Wand in rear of shoulders.....place
1. Lower head backward and stride left forward.....one.....halt
 2. Lower head forward.....two.....halt
 3. Lower head backward.....three.....halt
 4. Erect head and close step to position.....four.....halt
- Repeat, omit the word halt.....one.....to.....16 counts
 Repeat same stride right, with head exercise.....one.....to.....16 counts

TRUNK:

1. Cross arms, wand horizontal, left arm over, elbows shoulder height, square within the arms.....one.....halt
 2. Lunge left forward, wand upward with bending trunk backward.....two.....halt
 3. Return to cross arms.....three.....halt
 4. Return to fundamental position.....four.....halt
- Repeat, omit the word halt.....one.....to.....16 counts
1. Cross arms, right arm over, wand horizontal.....one.....halt
 2. Lunge right backward and bend trunk forward.....two.....halt
 3. Return to cross arms.....three.....halt
 4. Close step, arms down, fundamental position.....four.....halt
- Repeat all, omit the word halt.....one.....to.....16 counts

LEGS:

1. Lunge left backward with cross arms, wand
horizontal.....one.....halt
2. Straighten the left knee and raise wand upward.....two.....halt
3. Return to lunge and cross arms.....three.....halt
4. Return to position.....four.....halt
- Repeat, omit the word halt.....one.....to.....16 counts
- Repeat same, right.....one.....to.....16 counts

COLLECT WANDS.

- Hands on hips.....place
1. Bend left leg in front of right.....one.....halt
 2. Extend left leg sidewise.....two.....halt
 3. Bend left leg in rear of right leg.....three.....halt
- Remarks: All of these steps must be with a hop on the right standing foot.
- Repeat same, left.....one.....two.....three
- Repeat all, omit the word halt.....one.....to.....24 counts

BREATHING:

- Inhale and slowly raise arms tense sidewise.....8 counts
- Exhale and lower arms.....8 counts
- See suggested list of games page 165.

Lesson Three.

THEME:

- Raising, lowering, turning. Direction, backward, upward, forward.
1. Left face in two steps.....one.....two
 2. Raise heels, arms backward and return.....three.....four
- Repeat three times.

HEAD:

- Arms.....down
1. Toe-step left backward.....one.....halt
 2. Turn head and swing arms backward.....two.....halt
 3. Return to toe step.....three.....halt
 4. Return to position.....four.....halt
- Repeat, omit the word halt.....one.....to.....16 counts

TRUNK:

1. Stride position left backward.....one.....halt
 2. Turn trunk right and raise arms forward.....two.....halt
 3. Return to stride, body to the front.....three.....halt
 4. Return to position, close step.....four.....halt
- Repeat, omit the word halt.....one.....to.....16 counts
- Repeat same, opposite.....one.....to.....16 counts

LEGS:

1. Swing arms forward and swing left leg tense
backward.....one.....halt
 2. Swing left leg, tense forward, with swinging arms
backward.....two.....halt
 3. Return to arms forward and leg backward.....three.....halt
 4. Close step, arms down.....four.....halt
- Repeat, omit the word halt.....one.....to.....16 counts
- Repeat same, opposite side, right.....one.....to.....16 counts

Hands on hips.....	place
Step left sidewise.....	one.....halt
Hop twice on left foot and swing right forward.....	two.....three.....halt
Change step right sidewise.....	one.....two.....three
Repeat all.....	one.....to.....12 counts
Repeat all, opposite.....	one.....to.....12 counts

BREATHING:

Inhale, slowly raising arms backward, palms to the front.....	six counts
Exhale, slowly lowering arms.....	six counts
See suggested list of games page 165.	

Lesson Four.**THEME:**

Raising, lowering. Direction, sidewise and upward.

1. Clap hands in front and raise arms sidewise.....	one.....halt
2. Place hands on shoulders.....	two.....halt
3. Clap hands and arms sidewise.....	three.....halt
4. Lower arms.....	four.....halt

DISTRIBUTE WANDS.

Carry wand to shoulder.....	one
Lower wand horizontally forward, downward.....	two
Remarks: Practice carrying and lowering wands.	

ARMS:

1. Raise wand horizontally left sidewise (left arm extended, right bent, elbow high).....	one.....halt
2. Raise right arm, wand vertical, right upward, left hand at right shoulder.....	two.....halt
3. Return to left arm side.....	three.....halt
4. Return to position, arms downward.....	four.....halt
Repeat, omit the word halt.....	one.....to.....16 counts
Repeat same, opposite.....	one.....to.....16 counts

TRUNK:

1. Stride right sidewise with left arm sidewise, wand horizontal.....	one.....halt
2. Wand vertically raised, left arm upward, right hand at left shoulder, and bend trunk left sidewise.....	two.....halt
3. Return to left arm sidewise.....	three.....halt
4. Close step, wand horizontally in front.....	four.....halt
Repeat, omit the word halt.....	one.....to.....16 counts
Repeat same, opposite.	

LEGS:

1. Raise wand horizontally left sidewise, with raising right leg sidewise and bending the left knee.....	one.....halt
2. Raise wand vertically upward on left shoulder and toe-step right forward.....	two.....halt
3. Return to raising leg sidewise.....	three.....halt
4. Close step, arms down to position.....	four.....halt
Repeat, omit the word halt.....	one.....to.....16 counts
Repeat same, opposite side.....	one.....to.....16 counts

COLLECT WANDS.

Step left backward, hop on left foot, raising the right foot backward,
right knee bent, hop twice on left foot...one...two...three...four
Step back on right foot with rocking step.....one...two...three
Repeat several times.

BREATHING:

Inhale, slowly raise arms.....six counts
Exhale, slowly lower arms, hands down.....six counts
See suggested list of games page 165.

Lesson Five.

THEME:

Raising, carrying, lowering. Direction, forward, upward, backward.
1. March forward four steps, arms forward, back-
ward, forward, down.....one.....four
2. a—Raise upon toes, raise arms upward.....five
b—Lower.....six
c—Raise upon toes, raise arms upward.....seven
d—Lower to position.....eight
3. March backward four steps, start right foot, raise
arms forward, backward, forward, lower.....count four
4. a—Raise upon toes, raise arms upward.....one
b—Lower.....two
c—Raise upon toes, raise arms upward.....three
d—Lower to close step.....four

ARMS AND LEGS:

1. Raise arms backward with raising left leg for-
ward.....one.....halt
2. Change left leg backward, arms forward.....two.....halt
3. Return to left leg forward, arms backward.....three.....halt
4. Return to position, close step.....four.....halt
Repeat all, omit the word halt.....one.....to.....16 counts
1. Raise arms backward with raising right leg
forward.....one.....halt
2. Swing arms forward and charge right backward.....two.....halt
3. Return, arms backward, right leg forward.....three.....halt
4. Return to position, close step, arms down.....one.....to.....16 counts
Repeat all, omit the word halt.....one.....to.....16 counts

TRUNK:

Hands on hips.....place
1. Charge left forward.....one.....halt
2. Tense left knee and bend trunk backward.....two.....halt
3. Return to charge left forward, body erect.....three.....halt
4. Return to position, close step, arms down.....four.....halt
Repeat all, omit the word halt.....one.....to.....16 counts
1. Charge right backward.....one.....halt
2. Tense right knee and bend trunk forward to ob-
tuse angle.....two.....halt
3. Return to charge right backward.....three.....halt
4. Return to position, close step.....four.....halt
Repeat all, omit the word halt.....one.....to.....16 counts
Backs of hands on hips.....place

1. Toe-step left forward, right arm semi-circle,
upward and hold.....one.....two.....three
2. Return right hand on hip and charge step left
forward.....four.....five
- Close step.....six
- Repeat, opposite side.

COLLECT WANDS.

Hands.....down

BREATHING:

Inhale and slowly raise arms forward upward.....six counts
 Exhale and slowly lower arms forward downward.....six counts
 See suggested list of games page 165.

Lesson Six.

THEME:

Raising, lowering, turning. Direction, backward, forward, upward.

ARMS:

1. Raise left leg backward, arms forward, palms
inward, fingers closed.....one.....halt
2. Charge left forward, arms obliquely backward.....two.....halt
3. Return and raise left leg backward, arms forward.....three.....halt
4. Return to position, close step, arms down.....four.....halt
- Repeat all, omit the word halt.....one.....to.....16 counts
- Repeat same, right.....one.....to.....16 counts

TRUNK:

- Hands on hips.....place
1. Charge left forward.....one.....halt
 2. Turn trunk right.....two.....halt
 3. Return to front.....three.....halt
 4. Return to position.....four.....halt
 - Repeat, omit the word halt.....one.....to.....16 counts
 - Repeat same, right.....one.....to.....16 counts

LEGS:

- Toe-step left backward, arms upward, to circle.....one.....two
- Step left forward, hands on hips.....three
- Change step left.....three counts
- Same, right.....six counts

BREATHING:

Inhale, slowly raising arms, backward, upward.....six counts
 Exhale, slowly lowering arms.....six counts
 See suggested list of games.

Lesson Seven.

THEME:

Bending, straightening, turning. Direction, backward, forward,
upward.

Hands on back of neck. Elbows high and forced back.....place

MARCH:

1. Right about face in four steps.....four counts
2. Extend arms upward.....five.....halt.....correction

3. Bend knees deep, drop hands on back of neck.....six.....halt
4. Straighten legs with extending arms upward.....seven.....halt
5. Return to position, arms down.....eight.....halt
- Repeat all, omit word halt.....one.....to.....8 counts

DISTRIBUTE WANDS.

ARMS:

1. Wand left obliquely backward, right hand to left shoulder, elbow shoulder height.....one.....halt
2. Wand horizontally upward.....two.....halt
3. Return to left obliquely backward position.....three.....halt
4. Return to position, close step, arms down.....four.....halt
- Repeat all, omit the word halt.....one.....to.....16 counts
- Repeat same, right.....one.....to.....16 counts
- Wand on shoulders.....place
1. Stride position left forward and turn head left.....one.....halt
2. Turn head right.....two.....halt
3. Turn head left.....three.....halt
4. Return to position, close step, arms down.....four.....halt
- Repeat same, right.....four counts
- Repeat all, omit the word halt.....one.....to.....16 counts

TRUNK:

1. Lunge left forward with wand left obliquely backward, right hand at left shoulder, elbow shoulder height.....one.....halt
2. Turn trunk right, wand horizontally upward.....two.....halt
3. Turn trunk to the front, wand obliquely backward.....three.....halt
4. Return to position, close step, arms down.....four.....halt
- Repeat all, omit the word halt.....one.....to.....16 counts
1. Lunge right forward with wand right obliquely backward.....one.....halt
2. Turn trunk left, wand horizontally upward.....two.....halt
3. Return trunk to front, wand obliquely backward.....three.....halt
4. Return to position.....four.....halt
- Repeat all, omit the word halt.....one.....to.....16 counts

LEGS:

1. Lunge left forward, with wand left obliquely downward.....one.....halt
2. Raise wand horizontally upward and tense left knee.....two.....halt
3. Bend left knee, wand obliquely backward.....three.....halt
4. Return to position.....four.....halt
- Repeat all, omit the word halt.....one.....to.....16 counts
- Repeat same, right.....one.....to.....16 counts

COLLECT WANDS.

BREATHING:

- Inhale and slowly raise arms sidewise upward and drop hands on back of neck and hold.....12 counts
- Exhale and slowly lower arms.....12 counts
- See suggested list of games.

Lesson Eight.**THEME:**

Bending, straightening. Direction, forward, backward, upward.

ARMS:

1. Wand horizontally forward, arms bent, elbows
sidewise, shoulder height.....one.....halt
2. Extend arms forward, wand vertically in front, left
hand up, right down.....two.....halt
3. Return to horizontal position, shoulder height.....three.....halt
4. Return to position, close step, arms down.....four.....halt
- Repeat, omit the word halt.....one.....to.....16 counts
- Repeat same, opposite.....one.....to.....16 counts

TRUNK:

1. Toe-step left forward, wand horizontally forward,
arms bent, elbows shoulder height.....one.....halt
2. Wand vertically in front, left hand up, right down,
trunk bent backward.....two.....halt
3. Return to toe step, arms bent.....three.....halt
4. Return to position, close step, arms down.....four.....halt
- Repeat all, omit the word halt.....one.....to.....16 counts
- Repeat same, right.....one.....to.....16 counts

LEGS:

1. Charge left forward, wand horizontally forward,
chest height, elbows shoulder height.....one.....halt
2. Lunge backward left, wand vertically in front,
left hand up, right hand down.....two.....halt
3. Return to charge left forward, wand horizontally
forward, chest height.....three.....halt
4. Return to position, close step, arms down.....four.....halt
- Repeat all, omit the word halt.....one.....to.....16 counts
- Repeat same, right.....one.....to.....16 counts

COLLECT WANDS.**BREATHING:**

Bend trunk forward, arms down.....bend
 Inhale and slowly raise trunk with arms upward.....8 counts
 Exhale and slowly lower arms sidewise.....8 counts
 Repeat several times.
 See suggested list of games page 165.

Lesson Nine.**THEME:**

Bending, straightening, thrusting. Direction, sidewise.

1. Clap hands twice in front of face and extend
arms sidewise.....one.....halt
2. Clap twice and arms upward.....two.....halt
3. Return, clap hands twice and extend arms side-
wise.....three.....halt
4. Return to position, arms down.....four.....halt
- Repeat three times.

ARMS:

- Arms to thrust.....bend
 1. Charge left sidewise.....one.....halt

2. Lunge left sidewise and extend arms sidewise.....two.....halt
3. Return to charge left.....three.....halt
4. Return to position.....four.....halt
- Repeat all, omit the word halt.....one.....to.....16 counts
- Repeat same, opposite.....one.....to.....16 counts
- Remarks: In case of narrow aisles, have the line face right or left.

TRUNK:

1. Thrust arms sidewise and toe-step left sidewise.....one.....halt
2. Bend trunk right sidewise and bend arms, left
over head, right in rear.....two.....halt
3. Return arms sidewise with toe-step left.....three.....halt
4. Return to position, close step, arms down.....four.....halt
- Repeat all, omit the word halt.....one.....to.....16 counts
- Repeat same, right.....one.....to.....16 counts

LEGS:

1. Thrust arms to right and lunge left sidewise.....one.....halt
2. Swing arms horizontally to left sidewise and
straighten left leg.....two.....halt
3. Return arms to right and bend left knee.....three.....halt
4. Return to position, arms down, close step.....four.....halt
- Repeat all, omit the word halt.....one.....to.....16 counts
- Repeat same, right.....one.....to.....16 counts

COLLECT WANDS.

- Backs of hands on hips.....place. Left or right.....face
- Toe-step left sidewise and right arm to semi-circle
upward.....one.....halt
- Bend left leg in front of right, right hand on hip.....two.....halt
- Extend left leg sidewise.....three.....halt
- Change step left sidewise.....one two three
- Repeat same, right.....six counts
- Repeat.....six counts
- Hands down.....front.....face.

BREATHING:

- Inhale, slowly straightening arms sidewise (palms upward).
- Exhale, slowly lowering arms sidewise.
- See suggested list of games page 165.

Lesson Ten.**THEME:**

- Bending, straightening, turning. Direction, backward, upward,
forward.

ARMS:

1. Wand diagonally forward, left arm upward and
right forward.....one.....halt.....correction
2. Wand obliquely left backward, right hand over
right shoulder, elbow high.....two.....halt
3. Return wand diagonally forward, left arm up-
ward, right forward.....three.....halt
4. Return to position, close step, arms down.....four.....halt
- Repeat all, omit the word halt.....one.....to.....16 counts

TRUNK:

1. Wand diagonally forward, left arm upward with right step forward.....one.....halt
2. Cross step left in rear of right with twisting body left, wand obliquely backward, right hand at left shoulder, right elbow shoulder height.....two.....halt
3. Return left arm upward, right forward.....three.....halt
4. Return to position.....four.....halt
- Repeat all, omit the word halt.....one.....to.....16 counts
- Repeat same, right.....one.....to.....16 counts

LEGS:

1. Charge left backward, left arm upward, right forward, wand diagonally forward.....one.....halt
2. Lunge left forward, wand left obliquely backward.....two.....halt
3. Return to charge left backward, with left arm upward and right forward.....three.....halt
4. Return to position, arms down, close step.....four.....halt
- Repeat all, omit the word halt.....one.....to.....16 counts
- Repeat same, right.....one.....to.....16 counts

COLLECT WANDS.**BREATHING:**

- Inhale, slowly raising arms backward, palms forward.....12 counts
 Exhale, slowly lowering arms forward.....12 counts
 See suggested list of games page 165.

Lesson Eleven.**THFME:**

Circling. Direction, forward and sidewise.

ARMS:

1. Toe-step left forward, arms backward, tense.....one.....halt
2. Lunge left forward with arms circle over head.....two.....halt
3. Toe-step left forward, arms backward, tense.....three.....halt
4. Return to position, close step, arms down.....four.....halt
- Repeat, omit the word halt.....one.....to.....16 counts
- Repeat same, right.....one.....to.....16 counts

TRUNK:

Hands on hips.....place
 Lower trunk forward and circle to left slowly in eight counts.
 Same right, circle right in eight counts.

LEGS:

1. Toe-step left forward, arms right sidewise.....one.....halt
2. Lunge left sidewise and swing arms downward over to left side.....two.....halt
3. Toe-step left forward, arms right sidewise.....three.....halt
4. Return to position.....four.....halt
- Repeat all, omit the word halt.....one.....to.....16 counts
- Repeat same, right.....one.....to.....16 counts
- Arms circle over head.....raise.....stride left sidewise.....stand
- Lower head forward and circle to left slowly in four counts.
 Repeat same, right. Close step, arms down.

Toe-step, left backward, arms circle over head.....one.....two
 Toe-step left forward, hands on hips.....three
 Change step left forward.....count three
 Repeat, right.....six counts

BREATHING:

Inhale, slowly circle arms forward upward.....six counts
 Exhale and slowly lower arms forward downward.....six counts
 See suggested list of games page 165.

Lesson Twelve.**THEME:**

Raising, lowering, turning. Direction, forward, upward.

ARMS:

1. Raise wands forward upward, horizontally.....one.....halt
 2. Lower right arm forward.....two.....halt
 3. Return right arm upward.....three.....halt
 4. Return to position.....four.....halt
 Repeat, omit the word halt.....one.....to.....16 counts
 Repeat same, right.....one.....to.....16 counts

TRUNK AND ARMS:

1. Raise wand upward, stride position, left forward.....one.....halt
 2. Twist trunk left with lowering right arm forward.....two.....halt
 3. Return to front, wand upward.....three.....halt
 4. Return to position.....four.....halt
 Repeat all, omit the word halt.....one.....to.....16 counts
 Repeat same, right.....one.....to.....16 counts

LEGS:

1. Toe-step left forward, wand upward, horizontally.....one.....halt
 2. Lunge left sidewise and lower right arm forward.....two.....halt
 3. Return to front step, wand horizontally upward.....three.....halt
 4. Return to position.....four.....halt
 Repeat all, omit the word halt.....one.....to.....16 counts
 Repeat all, right.....one.....to.....16 counts

COLLECT WANDS.**BREATHING:**

Inhale, raise arms sidewise, upward, hands in rear of neck....six counts
 Exhale, lower arms sidewise.....six counts
 See suggested list of games.

Exercises

FOR PUPILS OF THE SEVENTH GRADE

*Movements of
two and three parts in the same, opposite
and different directions, all com-
bination exercises*



Importance of heart and lung action; moderately increased demands in apparatus work; lighter "theme work;" development of representative action; constructive "series" of exercises. Endurance, moderately sustained activity, i. e., rhythmic, much increased activity. To be avoided: real strain, mere ornamental and aimless drill. *Plays and Games:* As above, analysis of action, forms, representative of games and sports; practice of foundation movements in characteristic sports.

SEVENTH GRADE.

Lesson One.

WAND.

Teachers are requested to practice rising and closing exercises, resting and exercising positions. Arrange pupils for this lesson according to height, smallest in front, sexes separated, and teach them to take correct distance before the special lesson. Appoint monitors for windows, wands, dumb-bells, clubs.

Practice distributing and collecting the hand apparatus.

For explanation of all exercises and commands, see pages, 9, 10, 11, 12 and 13.

THEME:

Raising, lowering. Direction, forward, backward, upward.

Pupils stand in resting position.

1. Clap hands in front, raise arms forward and
stand in position.....one.....halt
 2. Arms.....lower.....two.....halt
- Repeat once or twice.

ARMS:

- A 1. Wand horizontally forward left, right hand under
left shoulder.....one.....halt
 2. Wand horizontally upward.....two.....halt
 3. Return to exercise A 1.....three.....halt
 4. Return to position.....four.....halt
- Repeat all, omit the word halt.....one.....to.....16 counts
- Repeat same, right.

TRUNK:

- A 1. Stride left forward, wand horizontally forward
left.....one.....halt
 2. Bend trunk forward to obtuse angle with wand
horizontally upward.....two.....halt
 3. Return to exercise A 1.....three.....halt
 4. Return to position.....four.....halt
- Repeat all, omit the word halt.....one.....to.....16 counts
1. Stride left backward, wand horizontally left for-
ward.....one.....halt
 2. Bend trunk backward, wand horizontally upward...two.....halt
 3. Return to exercise A 1.....three.....halt
 4. Return to position.....four.....halt
- Repeat all, omit the word halt.....one.....to.....16 counts

LEGS:

- A 1. Raise left leg forward, bend right standing knee,
wand horizontally left forward, right hand at
right shoulder, elbow high.....one.....halt
 2. Toe-step left backward and tense right knee,
wand horizontally upward.....two.....halt
 3. Return to exercise A 1.....three.....halt
 4. Return to position.....four.....halt
- Repeat all, omit the word halt.....one.....to.....16 counts
- Repeat same, right.....one.....to.....16 counts

COLLECT WANDS.

Backs of hands on hips.....	place
Toe-step left forward and backward.....	one.....two
Follow rocking step left forward.....	three.....four
Right forward.....	five.....eight
Repeat same, right.....	nine.....sixteen

BREATHING:

Inhale and raise arms forward.....	8 counts
Exhale and lower arms slowly.....	8 counts
See suggested list of games page 175.	

Lesson Two.

DUMB-BELLS.

THEME:

Raising, lowering. Direction, forward, backward, upward.

ARMS:

1. Raise arms forward, dumb-bells vertically.....one.....halt
 2. Raise arms upward, dumb-bells horizontal, and parallel to each other.....two.....halt
 3. Return arms forward, dumb-bells vertically.....three.....halt
 4. Return to position.....four.....halt
- Repeat all, omit the word halt.....one.....to.....16 counts

TRUNK:

1. Stride position left forward, arms forward, dumb-bells vertically.....one.....halt
 2. Bend trunk forward to right angle, bend left knee, swing arms backward.....two.....halt
 3. Return to arms forward.....three.....halt
 4. Return to position.....four.....halt
- Repeat all, omit the word halt.....one.....to.....16 counts
1. Stride position right forward, arms forward, dumb-bells vertically.....one.....halt
 2. Swing arms upward and bend trunk backward.....two.....halt
 3. Return, arms forward, dumb-bells vertically.....three.....halt
 4. Return to position.....four.....halt
- Repeat all, omit the word halt.....one.....to.....16 counts

LEGS:

1. Raise left leg forward, arms forward, dumb-bells vertically, arms parallel to each other.....one.....halt
 2. Toe-step left backward, arms forward upward, dumb-bells parallel to each other and horizontal.....two.....halt
 3. Return to arms forward, raising left leg in front, dumb-bells vertically.....three.....halt
 4. Return to position, arms down, close step.....four.....halt
- Repeat all, omit the word halt.....one.....to.....16 counts
- Repeat same, right.....one.....to.....16 counts

COLLECT WANDS.

Remarks: In distributing dumb-bells always pass the bells paired together. The pupil should, in resting position, always have the dumb-

bells in right hand. At the command "attention," the pupil places a dumb-bell in each hand, grasping the dumb-bells with the upper grip.

Hands at your side, feet together, body erect, head up.....attention

See suggested list of games page 175.

Lesson Three.

WAND.

THEME:

Bending, straightening. Direction, forward, upward, backward.

Hands on hips.....place

March forward four steps.....count four.....halt

- | | | | | |
|--------|---|---|------------|------|
| 1. Ex. | { | 1. Extend arms forward..... | one..... | halt |
| | | 2. Return hands on hips..... | two..... | halt |
| | | 3. Extend arms upward..... | three..... | halt |
| | | 4. Return to position..... | four..... | halt |
| 2. Ex. | { | 5. Bend knees deep with extending arms
upward..... | five..... | halt |
| | | 6. Return to position (hands on hips)..... | six..... | halt |
| | | 7. Bend knees deep with extending arms
upward..... | seven..... | halt |
| | | 8. Return to position..... | eight..... | halt |

3. Repeat 1st Ex., but march backwardfour counts

4. Repeat 2nd Ex.....four counts

Repeat once more.

HEAD:

Wand horizontally in rear of shoulders.....place

A 1. Lower head and stride left forward.....one.....halt

2. Lower head backward and extend arms upward.....two.....halt

3. Return to exercise A 1.....three.....halt

4. Return to position.....four.....halt

Repeat, omit the word halt.....one.....to.....16 counts

Repeat same, right.....one.....to.....16 counts

LEGS:

1. Lunge left forward and cross arms, wand horizontally.....one.....halt

2. Arms upward, wand horizontally, close step,
right forward.....two.....halt

3. Lunge left forward and cross arms, wand horizontally.....three.....halt

4. Return to position.....four.....halt

Repeat all, omit the word halt.....one.....to.....16 counts

Repeat same, right.....one.....to.....16 counts

DISTRIBUTE WANDS.

ARMS:

1. Wand horizontally forward with cross arms, left
arm over.....one.....halt

2. Extend arms upward.....two.....halt

3. Return left arm, over, cross.....three.....halt

4. Return to position, arms down.....four.....halt

Repeat all, omit the word halt.....one.....to.....16 counts

Repeat same, right.....one.....to.....16 counts

TRUNK:

1. Wand horizontally upward and lunge left forward.....one.....halt
2. Cross arms, left over, and bend trunk forward.....two.....halt
3. Return, wand horizontally upward, body erect....three.....halt
4. Return to position, close step, arms down.....four.....halt
- Repeat all, omit the word halt.....one.....to.....16 counts
- Repeat same, right, using the right leg, right arm over on top of left elbow, shoulder height.....one.....to.....16 counts

COLLECT WANDS.**BREATHING:**

- Inhale and slowly move elbows backward.....six counts
 Exhale and move arms forward.....six counts
 See suggested list of games page 175.

Lesson Four.**DUMB-BELLS.****THEME:**

Raising, lowering, turning. Direction, backward, upward.

ARMS:

- A 1. Raise arms upward, dumb-bells parallel and horizontal.....one.....halt
2. Swing arms forward, obliquely downward backward.....two.....halt
3. Return to exercise A 1.....three.....halt
4. Return to position.....four.....halt
- Repeat all, omit the word halt.....one.....to.....16 counts

TRUNK:

- A 1. Lunge left forward, arms forward, dumb-bells vertically.....one.....halt
2. Bend trunk forward and swing arms backward...two.....halt
3. Return to exercise A 1.....three.....halt
4. Return to position.....four.....halt
- Repeat all, omit the word halt.....one.....to.....16 counts
1. Lunge right forward, arms forward.....one.....halt
2. Bend trunk backward, arms upward.....two.....halt
3. Return to exercise 1 A.....three.....halt
4. Return to position.....four.....halt
- Repeat all, omit the word halt.....one.....to.....16 counts

LEGS:

1. Raise left leg backward, bend right knee, raise arms upward.....one.....halt
2. Toe-step left backward and swing arm forward, obliquely downward backward.....two.....halt
3. Return to exercise A 1.....three.....halt
4. Return to position.....four.....halt
- Repeat all, omit the word halt... ..one.....to.....16 counts
- Repeat same, right.....one.....to.....16 counts

BREATHING:

Inhale and slowly raise arms forward, placing dumb-bells vertically upon shoulders.....six counts
 Exhale and slowly lower arms sidewise, downward.....six counts
 See suggested list of games page 175.

Lesson Five.

WAND.

THEME:

Bending, straightening, turning. Direction, sidewise, upward.
 Mark time and face at command $\frac{1}{8}$ or $\frac{1}{4}$ turn, left or right.
 Two steps for the $\frac{1}{8}$ and four steps for $\frac{1}{4}$ turn, in varied order, mixing the turns as well as the directions.

DISTRIBUTE WANDS.

ARMS:

- A 1. Wand vertically left upward, right hand at left shoulder.....one.....halt
2. Swing wand down and bring vertically right upward, left hand at right shoulder.....two.....halt
3. Return to exercise A 1.....three.....halt
4. Return to position.....four.....halt
- Repeat all, omit the word halt.....one.....to.....16 counts

TRUNK:

- A 1. Lunge left sidewise, wand vertically upon left shoulder, right hand at left shoulder.....one.....halt
2. Bend trunk left sidewise, wand vertically on right shoulder, left hand at right shoulder.....two.....halt
3. Return to exercise A 1.....three.....halt
4. Return to position.....four.....halt
- Repeat all, omit the word halt.....one.....to.....16 counts
- Repeat same, opposite.....one.....to.....16 counts

LEGS:

- A 1. Lunge left sidewise, wand vertically on left shoulder, right hand at left shoulder, elbow high.....one.....halt
2. Return close step to right, position.....two.....halt
3. Repeat as exercise A 1.....three.....halt
4. Return to position.....four.....halt
- Repeat all, omit the word halt.....one.....to.....16 counts
- Repeat same, opposite side.....one.....to.....16 counts
- Wand upon shoulders.....place
1. Lower head and stride left sidewise.....one.....halt
2. Lower head right and extend right arm downward.....two.....halt
3. Repeat exercise A 1.....three.....halt
4. Return to position.....four.....halt
- Repeat same, right.....four counts

COLLECT WANDS.

BREATHING:

Inhale, slowly raise arms sidewise, palms upward.....six counts
 Exhale, slowly lower arms.....six counts
 See suggested list of games.

Lesson Six.**THEME:**

Bending, thrusting, turning. Direction, forward, sidewise.

Arms to thrust.....bend

Remarks: Thrusting position is elbows bent at the hips, forearms forward, knuckles downward.

ARMS:

1. Thrust arms forward with step position left forward.....one.....halt
2. Return to close step, arms to thrust.....two.....halt
3. Thrust arms sidewise, side step left.....three.....halt
4. Return to position.....four.....halt
- Repeat all, omit the word halt.....one.....to.....16 counts
- Repeat same step, opposite side, right.....one.....to.....16 counts

TRUNK:

1. Thrust arms forward, toe-step left forward.....one.....halt
2. Return to position, close step.....two.....halt
3. Thrust arms sidewise.....three.....halt
4. Return to position, arms to thrust.....four.....halt
- Repeat all, omit the word halt.....one.....to.....16 counts
- Repeat all, right.....one.....to.....16 counts

LEGS:

1. Lunge left sidewise and thrust arms sidewise.....one.....halt
2. Return to position, close step, arms thrust.....two.....halt
3. Lunge right sidewise, thrust arms sidewise.....three.....halt
4. Return to position, close step, arms to thrust.....four.....halt
- Repeat all alternately, left and right.....one.....to.....16 counts
- Arms.....down

BREATHING:

Inhale, slowly raise arms sidewise.....six counts

Exhale, slowly return to position.....six counts

See suggested list of games page 175.

Lesson Seven.**DUMB-BELLS.****THEME:**

Thrusting, turning, raising. Direction, forward and upward.

ARMS:

- Dumb-bells upon shoulders.....place
1. Thrust arms forward, with rotating arms forward, knuckles upward.....one.....halt
 2. Return to shoulders.....two.....halt
 3. Thrust arms upward, outward.....three.....halt
 4. Return to shoulders.....four.....halt
 - Repeat all, omit the word halt.....one.....to.....16 counts
 - Arms.....down

TRUNK:

- A 1. Stride position left forward, with swinging arms upward and twisting trunk right.....one.....halt
2. Return to position.....two.....halt
3. Repeat exercise A 1.....three.....halt

4. Return to position.....four.....halt
Repeat all, omit the word halt.....one.....to.....16 counts
Repeat same, right.....one.....to.....16 counts

HEAD:

1. Raise arms sidewise and place dumb-bells upon
shoulder, turning head left.....one.....halt
2. Lower arms, head to front.....two.....halt
3. Raise arms sidewise and place dumb-bells upon
shoulders, turning head right.....three.....halt
4. Return to position, arms down.....four.....halt
Repeat all, omit the word halt.....one.....to.....16 counts

LEGS:

1. Raise arms forward, upward.....one.....halt
2. Bend knees deep, dumb-bells upon shoulders.....two.....halt
3. Extend arms upward.....three.....halt
4. Return to position.....four.....halt
Repeat all, omit the word halt.....one.....to.....16 counts
Dumb-bells upon hips.....place
1. Hop on right foot and raise left leg forward.....one.....halt
2. Hop on right foot and raise left leg backward.....two.....halt
3. Two steps forward.....three.....four
Repeat same, right.....five.....eight
About face and repeat all.....nine.....sixteen

BREATHING:

- Inhale and extend arms sidewise, palms upward.....six counts
Exhale and lower arms.....six counts

COLLECT DUMB-BELLS.

See suggested list of games page 175.

Lesson Eight.

WAND.

THEME:

Raising, carrying, lowering. Direction, sidewise, upward.

DISTRIBUTE WANDS.

ARMS:

- A 1. Wand vertically upward, left hand on left hip,
right arms bent over head.....one.....halt
 2. Wand diagonally, left arm upward, right arm
sidewise.....two.....halt
 3. Return to exercise A 1.....three.....halt
 4. Return to position.....four.....halt
Repeat all, omit the word halt.....one.....to.....16 counts
- Remarks: In case of close quarters, let pupils raise seats or face
left or right in aisles, etc.

HEAD:

- A 1. Raise wand sidewise, with lowering head left
sidewise.....one.....halt
2. Head to front, cross arms in front of chest, left
arm over right, shoulder height.....two.....halt
3. Return to exercise A 1.....three.....halt

4. Return to position.....four.....halt
 Repeat all, omit the word halt.....one.....to.....16 counts
 Repeat same, right.

TRUNK:

- Wand horizontally in rear of shoulders.....place
 A 1. Bend trunk right sidewise.....one.....halt
 2. Bend trunk forward.....two.....halt
 3. Return to exercise A 1.....three.....halt
 4. Return to position, body erect.....four.....halt
 Repeat all, omit the word halt.....one.....to.....16 counts
 Repeat all, right.....one.....to.....16 counts

LEGS:

- A 1. Raise wand vertically on left hip, with raising left
 leg in front of right, left knee bent, left foot
 to right knee.....one.....halt
 2. Toe-step left sidewise, left arm upward, right
 arm sidewise.....two.....halt
 3. Return to exercise A 1.....three.....halt
 4. Return to position, close step.....four.....halt
 Repeat all, omit the word halt.....one.....to.....16 counts
 Repeat same, right.....one.....to.....16 counts

COLLECT WANDS.

- Left or right face on command: Hands on hips.....place
 1. Raise left leg sidewise, hop right.....one
 2. Raise left leg forward, hop right.....two
 Toe-step left sidewise with right arm circled over
 head.....three.....four
 Repeat, opposite.....five.....eight
 Repeat all.....one.....eight

BREATHING:

- Inhale and slowly raise arms sidewise upward.....six counts
 Exhale and lower arms.....six counts
 See suggested list of games page 175.

Lesson Nine.**DUMB-BELLS.****THEME:**

Raising, lowering. Direction, forward, upward and backward.

ARMS:

- A 1. Raise left leg forward and bend right knee, with
 dumb-bells forward upward.....one.....halt
 2. Swing arms forward downward and swing left
 leg backward.....two.....halt
 3. Return to exercise A 1.....three.....halt
 4. Return to position, close step.....four.....halt
 Repeat all, omit the word halt.....one.....to.....16 counts

TRUNK:

- A 1. Stride left forward, dumb-bells forward.....one.....halt
 2. Bend trunk backward, arms upward.....two.....halt
 3. Return to exercise A 1.....three.....halt
 4. Return to position.....four.....halt
 Repeat all, omit the word halt.....one.....to.....16 counts
 Repeat same, right.....one.....to.....16 counts

HEAD:

1. Dumb-bells on hips.....place
1. Toe-step left forward.....one.....halt
2. Dumb-bells on shoulders with head back.....two.....halt
3. Return to hips and head erect.....three.....halt
4. Return to position, close step.....four.....halt
- Repeat same, right.....four counts
- Repeat all.....one.....eight counts
- Arms.....down

LEGS:

1. Raise on toes and raise arms upward.....one.....halt
2. Return to position.....two.....halt
- Repeat all, omit the word halt.....one.....to.....16 counts

BREATHING:

- Inhale, slowly raising arms forward.....six counts
- Exhale, slowly lowering arms.....six counts
- See suggested list of games page 175.

Lesson Ten.

THEME:

Raising, lowering, turning. Direction, backward, upward, forward.

WAND.

ARMS:

- A 1. Wand left obliquely backward, right hand at left shoulder.....one.....halt
2. Wand vertically upward, right hand on right hip..two.....halt
 3. Return to exercise A 1.....three.....halt
 4. Return to position.....four.....halt
 - Repeat all, omit the word halt.....one.....to.....16 counts
 - Repeat same, right.....one.....to.....16 counts

HEAD:

- A 1. Turn head left and raise wand vertically on left shoulder, right hand at left shoulder.....one.....halt
2. Lower head backward, with arms obliquely forward upward, wand horizontal.....two.....halt
 3. Return to exercise A 1.....three.....halt
 4. Return to position.....four.....halt
 - Repeat all, omit the word halt.....one.....to.....16 counts
 - Repeat same, right.....one.....to.....16 counts

TRUNK:

- Wand horizontally on shoulders.....place
- A 1. Charge left forward and turn trunk right.....one.....halt
2. Bend trunk backward.....two.....halt
 3. Return to exercise A 1.....three.....halt
 4. Return to position, close step, wand down.....four.....halt
 - Repeat all, omit the word halt.....one.....to.....16 counts
 - Repeat same, right.....one.....to.....16 counts

LEGS:

- A 1. Wand obliquely left backward and raise left leg forward.....one.....halt
2. Wand vertically on left hip, right hand on left hip, left arm upward.....two.....halt

- 3. Return to exercise A 1.....three.....halt
- 4. Return to position.....four.....halt
- Repeat all, omit the word halt.....one.....to.....16 counts
- Repeat same, right.....one.....to.....16 counts

COLLECT WANDS.

- Hands on hips.....place
- Raise left leg backward, hop on right.....one.....halt
- Raise left leg forward, hop on right.....two.....halt
- Cut step left and right.....three.....four.....five.....six
- About face and repeat.....one.....eight

BREATHING:

- Inhale, slowly raising arms backward upward.....12 counts
- Exhale, slowly lowering arms backward downward.....6 counts
- See suggested list of games page 175.

Lesson Eleven.

ONE-POUND DUMB-BELLS.

THEME:

Bending, extending. Direction, sidewise, upward, inward.

ARMS:

- Dumb-bells on hips.....place
- A 1. Extend arms upward and lunge sidewise.....one.....halt
- 2. Lower arms sidewise.....two.....halt
- 3. Return to exercise A 1.....three.....halt
- 4. Return to position.....four.....halt
- Repeat all, omit the word halt.....one.....to.....16 counts
- Repeat same, right.....one.....to.....16 counts

TRUNK:

- Dumb-bells on shoulders.....place
- A 1. Extend arms upward.....one.....halt
- 2. Lower arms sidewise and bend trunk left sidewise.....two.....halt
- 3. Return to exercise A 1.....three.....halt
- 4. Return to position.....four.....halt
- Repeat all, omit the word halt.....one.....to.....16 counts
- Repeat same, right.....one.....to.....16 counts

HEAD:

- Dumb-bells on hips.....place
- A 1. Lower head left sidewise, dumb-bells on shoulders.....one.....halt
- 2. Lower head right sidewise, dumb-bells on hips.....two.....halt
- 3. Return to exercise A 1.....three.....halt
- 4. Return to position.....four.....halt
- Repeat all, omit the word halt.....one.....to.....16 counts

LEGS:

- Arms.....down
- 1. Lunge left sidewise and swing arms upward.....one.....halt
- 2. Lower arms sidewise.....two.....halt
- 3. Arms upward.....three.....halt
- 4. Return to position.....four.....halt
- Repeat all, omit the word halt.....one.....to.....16 counts
- Repeat all, same, right.....one.....to.....16 counts

BREATHING:

Inhale and slowly raise arms sidewise.....six counts
 Exhale and lower armssix counts
 See suggested list of games page 175.

Lesson Twelve.

WAND.

THEME:

Bending, straightening, turning. Direction, backward and upward.

DISTRIBUTE WANDS.

ARMS:

- A 1. Wand obliquely backward left, right hand over
 right shoulder.....one.....halt
2. Wand diagonally forward upward, left arm up,
 right forward.....two.....halt
3. Return to exercise A 1.....three.....halt
4. Return to position.....four.....halt
 Repeat all, omit the word halt.....one.....to.....16 counts
 Repeat same, right.....one.....to.....16 counts

TRUNK:

- A 1. Wand obliquely left backward, right hand over left
 shoulder and lunge left backward.....one.....halt
2. Wand diagonally forward upward, left arm up,
 right forward, turn left and bend trunk
 backward.....two.....halt
3. Return to exercise A 1.....three.....halt
4. Return to position.....four.....halt
 Repeat all, omit the word halt.....one.....to.....16 counts
 Repeat same, right.....one.....to.....16 counts

LEGS:

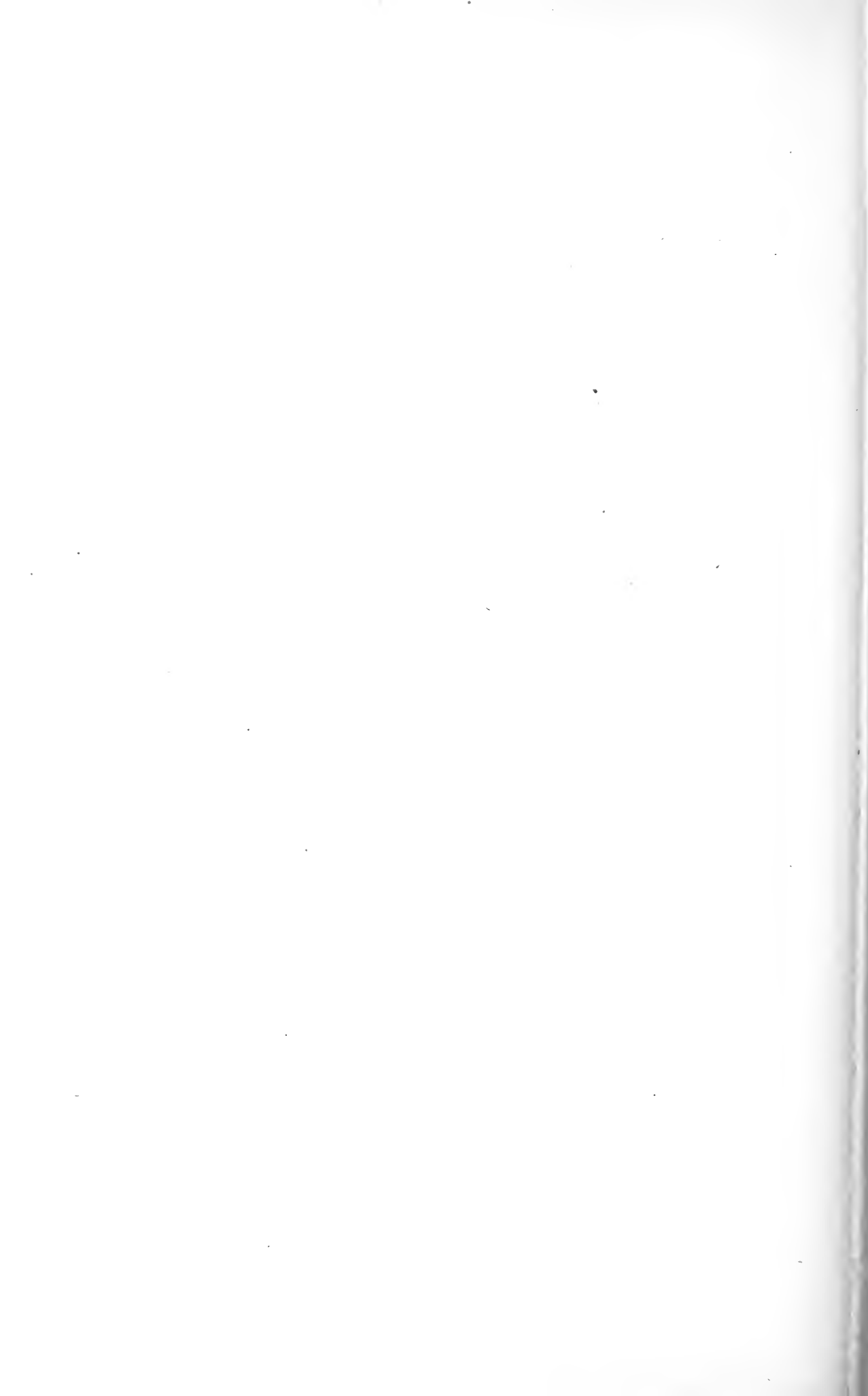
- A 1. Wand as in exercise A 1 (trunk), charge, left leg
 backward.....one.....halt
2. Wand diagonally forward upward as in exercise 2
 (trunk), tense left knee.....two.....halt
3. Return to exercise A 1.....three.....halt
4. Repeat all, omit the word halt.....one.....to.....16 counts
 Repeat all, right.....one.....to.....16 counts

COLLECT WANDS.

Backs of hands on hips.....place

BREATHING:

Inhale and extend arm sidewise, palms upwardsix counts
 Exhale and lower arms.....six counts
 See suggested list of games.



Exercises

Wands and Indian Clubs

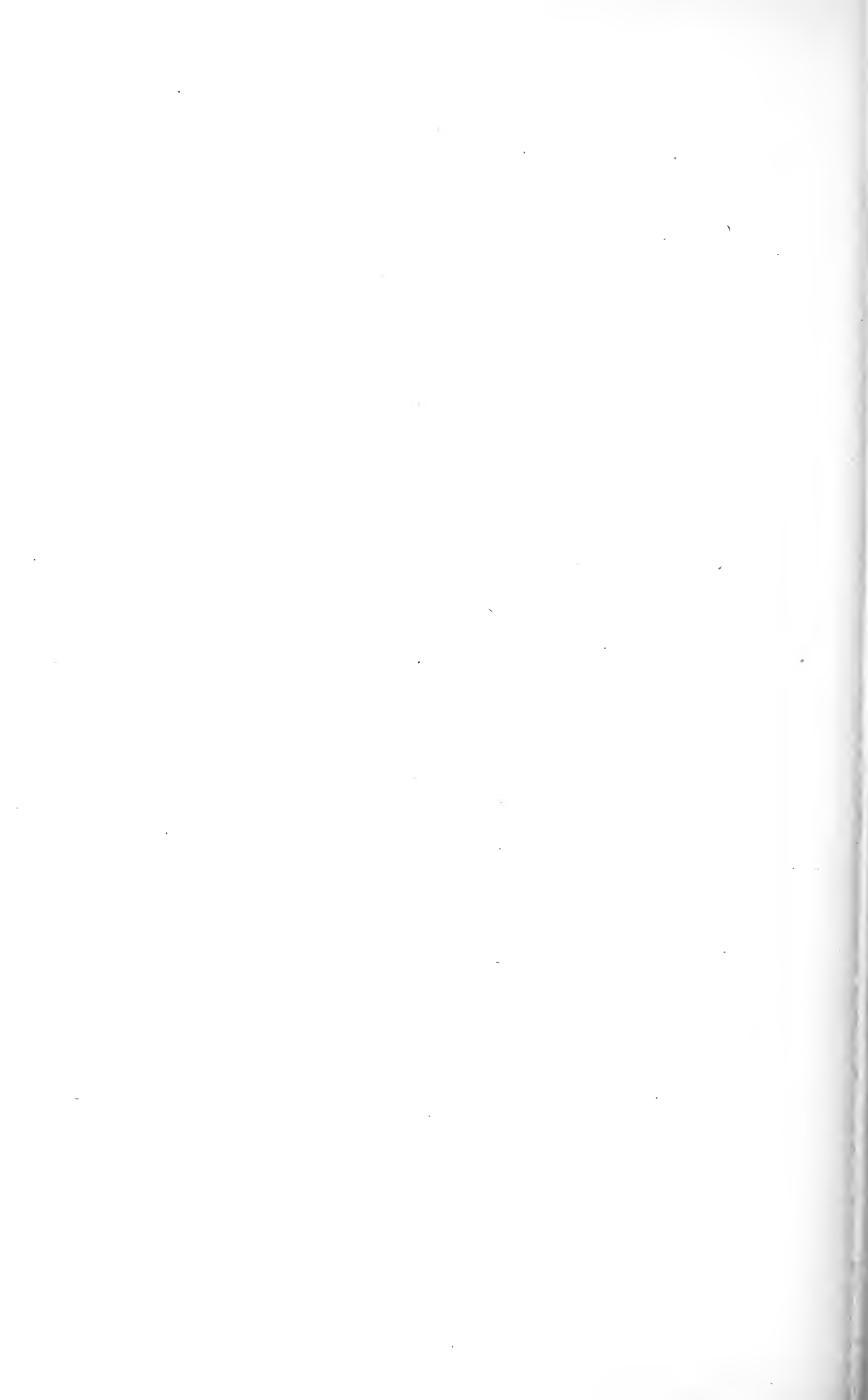
FOR PUPILS OF THE EIGHTH GRADE

*Movements of
two and three parts in the same, opposite
and different directions, all com-
bination exercises.*



Exercises of skill on apparatus; outdoor athletics; training for dexterity and pleasure in action. Outdoors: speed over short course; running, with careful increase of duration. Practice of sprints, starts, dashes, emphasis of conscious effort. Strenuous efforts leading to disturbance of breathing and circulation to be avoided. *Plays and Games:* Antagonistics—team work, like and unlike orders. Practices of the higher organized games in simplified form.

Forms of relay racing teams,
plays, and class
contests.



EIGHTH GRADE.**Lesson One.****THEME:**

Raising, lowering. Direction, sidewise, upward, forward.

WAND.**ARMS:**

- A 1. Wand horizontally left sidewise, right hand under chin.....one.....halt
 2. Wand vertically, right arm upward, left hand at right shoulder.....two.....halt
 3. Swing wand down and vertically left upward, right hand at left shoulder.....three.....halt
 4. Return to position, close step, arms down.....four.....halt
 Repeat, omit the word halt.....one.....to.....16 counts
 Repeat same, right.....one.....to.....16 counts

HEAD:

- Wand in rear of shoulders.....place
 A 1. Lower head left sidewise and toe-step left sidewise.....one.....halt
 2. Lower head right and raise left leg sidewise.....two.....halt
 3. Return to exercise A 1.....three.....halt
 4. Return to position.....four.....halt
 Repeat three times.

TRUNK:

1. Wand horizontally left sidewise, right elbow bent in front, right hand in front of left shoulder, with stride position left sidewise.....one.....halt
 2. Wand vertically upon right shoulder, left elbow bent shoulder height, left hand in front of right shoulder, with bending trunk left sidewise.....two.....halt
 3. Swing wand downward and vertically left upward; right hand at left shoulder, elbow high.....three.....halt
 4. Return to position, close step, wand down.....four.....halt
 Repeat all, omit the word halt.....one.....to.....16 counts

LEGS:

- A 1. Wand horizontally left sidewise, bend right knee and raise left leg.....one.....halt
 2. Wand vertically on right shoulder with cross step left over right leg.....two.....halt
 3. Return to exercise A 1.....three.....halt
 4. Return to position, wand down.....four.....halt
 Repeat all, omit the word halt.....one.....to.....16 counts
 Place wands upon floor.

WITHOUT WAND.

Backs of hands on hips.....	place
Balance step left and right sidewise (crossing in rear) with raising and lowering left and right arm sidewise up to semi-circle alternately.....	four counts
Polka step.....	five.....six
Cross step right and twirl left about, repeat.....	nine.....sixteen
Hands.....	down.

BREATHING:

Inhale and slowly raise arms sidewise.....	six counts
Exhale and slowly lower arms.....	six counts

THEME:

Raising, lowering. Direction, sidewise, upward, forward.
Pick up wands.

WAND.

ARMS:

- A 1. Wand horizontally left sidewise, right hand under chin.....one.....halt
2. Wand vertically, right arm upward, left hand at right shoulder.....two.....halt
3. Swing wand down and vertically left upward, right hand at left shoulder.....three.....halt
4. Return to position, close step, arms down.....four.....halt
- Repeat, omit the word halt.....one.....to.....16 counts
- Repeat same, right.....one.....to.....16 counts

HEAD:

- Wand in rear of shoulders.....place
- A 1. Lower head left sidewise and toe-step left side-wise.....one.....halt
 2. Lower head right and raise left leg sidewise.....two.....halt
 3. Return to exercise A 1.....three.....halt
 4. Return to position.....four.....halt
- Repeat three times.
See suggested list of games page 186.

Lesson Two.

CLUBS.

In all schools where clubs can be used, club lessons shall alternate with wand lessons. As the school year is started with a wand lesson in directions forward, the first club lesson, being the regular lesson two, is arranged in direction sidewise to conform with one scheme of direction carried through all lessons in this manual.

THEME:

Arms circle, direction sidewise downward.

Clubs to position.....carry

- A 1. Extend arms left sidewise with clubs parallel to each other, right elbow bent shoulder height..one.....halt
2. Swing double arm circle downward to right side, arms and clubs parallel to each other, left elbow bent shoulder height.....two.....halt

3. Return to exercise A 1.....three.....halt
4. Return to position, carry clubs.....four.....halt
- Repeat all, omit the word halt.....one.....to.....8 counts

CLUBS.

- A 1. Extend clubs left sidewise with step position left
sidewise.....one.....halt
2. Swing double arms, circle downward to right
with charge left backward.....two.....halt
3. Return to exercise A 1.....three.....halt
4. Return to position, carry clubs, close step.....four.....halt
- Repeat all, omit the word halt.....one.....to.....16 counts
- Repeat all, same, right.....one.....to.....16 counts
- Clubs to position.....carry
- B 1. Stride position left sidewise with extending arms
left sidewise, right elbow bent shoulder
height.....one.....halt
2. Double arm circle downward to right side upward
and bend trunk left sidewise.....two.....halt
3. Return to exercise B 1.....three.....halt
4. Return to position, carry clubs.....four.....halt
- Repeat all, omit the word halt.....one.....to.....16 counts
- Clubs to position.....carry
1. Double arm circle forward with hand circle for-
ward, circle pass the shoulders.....one.....two.....halt
2. Arms.....down (clubs by the side).

BREATHING:

- Inhale and slowly raise clubs sidewise upward.....six counts
- Exhale and slowly lower clubs.....six counts

COLLECT CLUBS.

See suggested list of games page 186.

Lesson Three.

THEME:

Raising, lowering. Direction, forward and backward, upward.

WAND.

Pupils stand in resting position.

1. Clap hands twice in front of face, raise arms forward
and stand in position.....one
 2. Clap hands twice and lower arms.....two
- March forward and backward, changing upon command.

DISTRIBUTE WANDS.

1. Wand horizontally forward left, right hand under
left shoulder.....one.....halt
2. Wand horizontally over head.....two.....halt
3. Wand horizontally forward right, left hand under
the right shoulder, elbow high.....three.....halt
4. Return to position.....four.....halt
- Repeat all, omit the word halt.....one.....to.....16 counts
- Repeat same, opposite.....one.....to.....16 counts

TRUNK:

- A. 1. Wand horizontally forward left, right hand under left shoulder, right elbow high, with stride left forward.....one.....halt
- B. 2. Wand horizontally upward with bending trunk forward to obtuse angle.....two.....halt
- C. 3. Wand horizontally forward right, left hand under right shoulder, elbow high and raise trunk.....three.....halt
4. Return to position.....four.....halt
- Repeat all, omit the word halt.....one.....to.....16 counts
1. Repeat exercise A 1.....one.....halt
2. Repeat exercise B 2, but bend trunk backward.....two.....halt
3. Repeat exercise C 3, straighten trunk.....three.....halt
4. Return to position, close step, wand down.....four.....halt
- Repeat all, omit the word halt.....one.....to.....16 counts

HEAD:

- Wand in rear of shoulders.....place
1. Lower head forward and toe-step left forward.....one.....halt
2. Lower head backward and raise leg forward.....two.....halt
3. Return and lower head forward and toe-step left forward.....three.....halt
4. Return to position, close step, wand on shoulders.....four.....halt
- Repeat all, omit the word halt.....one.....to.....16 counts
- Repeat same, opposite.....one.....to.....16 counts

LEGS:

- A. 1. Raise left leg tense forward, toes extended and bend right knee with extending left arm forward, right hand under left shoulder, elbow high.....one.....halt
2. Swing left leg backward, right knee tense with wand horizontally upward.....two.....halt
3. Return as exercise A 1.....three.....halt
4. Return to position.....four.....halt
- Repeat all, omit the word halt.....one.....to.....16 counts
- Repeat all, same, opposite.....one.....to.....16 counts
- Backs of hands on hips.....place
1. Step left forward.....one.....halt
2. Cross step right in rear and balance.....two.....halt
3. Change step with a little spring.....three.....four
- Repeat same, right.....four counts
- Repeat several times.

BREATHING:

- Inhale and place wand horizontally upon shoulders.....six counts
- Exhale and lower wand.....six counts
- See suggested list of games page 186.

Lesson Four.**CLUBS.****THEME:**

- Double, half-arm circles, whole arm and hand circle combination, direction forward, backward.

DISTRIBUTE CLUBS.

Clubs.....down

ARMS:

1. Raise clubs forward, clubs in line with the arms.....one.....halt.....correction
 2. Swing arms backward, clubs in line.....two.....halt
 3. Return to forward position.....three.....halt
 4. Return to position.....four.....halt
- Repeat all, omit the word halt.....one.....to.....16 counts

TRUNK:

1. Raise arms forward and lunge left forward.....one.....halt
 2. Swing both arms backward, bend trunk forward.....two.....halt
 3. Swing arms forward and erect trunk.....three.....halt
 4. Return to position.....four.....halt
- Repeat all, omit the word halt.....one.....to.....16 counts

Clubs to position.....carry

Arm circle forward.....one.....two

Hand circle forward.....three.....four

Repeat several times.

BREATHING:

Arms.....down

Inhale slowly, swing arms upward.....six counts

Exhale slowly, arms down.....six counts

See suggested list of games page 186.

Lesson Five.

WAND.

THEME:

Raising, lowering, turning. Direction, backward, upward, forward.

Facing on commands: Right face, left face, left about face, right about face, about face.

DISTRIBUTE WANDS.

ARMS:

1. Wand horizontally forward upward.....one.....halt.....correction
 2. Wand left obliquely backward, right hand over right shoulder, right elbow shoulder height.....two.....halt
 3. Wand vertically in front, left hand up, with right hand down.....three.....halt
 4. Return to position, close step, wand down.....four.....halt
- Repeat all, omit the word halt.....one.....to.....16 counts
- Repeat all, opposite.....one.....to.....16 counts

TRUNK:

1. Stride left backward, wand horizontally upward.....one.....halt
 2. Turn trunk left with wand left obliquely backward.....two.....halt
 3. Turn trunk to front with wand vertically in front, left hand up and right hand down.....three.....halt
 4. Return to position, close step, wand down.....four.....halt
- Repeat all, omit the word halt.....one.....to.....16 counts
- Repeat same, opposite.....one.....to.....16 counts

HEAD:

- Wand horizontally on rear of hips.....elbows backward.....place
- A 1. Turn head left and toe-step left backward.....one.....halt
2. Turn head right and raise left leg backward.....two.....halt
3. Return to exercise A 1.....three.....halt
4. Return to position, close step, wand on hips.....four.....halt
- Repeat all, omit the word halt.....one.....to.....16 counts
- Repeat same, opposite.....one.....to.....16 counts

LEGS:

1. Raise left leg backward and bend right knee with
raising wand horizontally upward.....one.....halt
2. Swing left leg forward and tense right knee with
wand left obliquely backward, right hand at
left shoulder, elbow high.....two.....halt
3. Return and swing left leg backward and bend
right knee, with wand vertically in front.....three.....halt
4. Return to position, close step, wand down.....four.....halt
- Repeat all, omit the word halt.....one.....to.....16 counts

COLLECT WANDS.

- Backs of hands on hips.....place
1. Step left backward.....one.....halt
2. Cross right forward and balance.....two.....halt
3. Step right backward and balance.....three.....four
- Polka step left backward.....five.....six
- Step right backward and twice right about.....seven.....eight
- Repeat same, right.....nine.....sixteen
- Repeat all.

BREATHING:

- Inhale, slowly raising arms sidewise and place hands
in rear of neck.....12 counts
- Exhale, slowly lowering arms to sides.....12 counts
- Repeat several times.
- See suggested list of games page 186.

Lesson Six.**CLUBS.****THEME:**

Half and whole arm circle, three-quarter arm and hand circle combination. Direction, backward and forward.

DISTRIBUTE CLUBS.

- Clubs.....down
- A 1. Swing clubs backward.....one.....halt
2. Swing clubs forward upward and cross clubs
over head.....two.....halt
3. Return to exercise A 1.....three.....halt
4. Return to position, arms down.....four.....halt
- Repeat, omit the word halt.....one.....to.....16 counts
- B 1. Swing clubs backward with toe-step left back-
ward.....one.....halt
2. Swing arms upward and cross arms over head
with bent knees.....two.....halt

3. Return to exercise B 1.....three.....halt
4. Return to position, arms down.....four.....halt
- Repeat all, omit the word halt.....one.....to.....16 counts
- C 1. Swing clubs forward upward and lunge left backward.....one.....halt
2. Bend arms and cross clubs in back of neck with bending trunk backward.....two.....halt
3. Return to exercise C 1.....three.....halt
4. Return to position, arms down.....four.....halt
- Repeat all, omit the word halt.....one.....to.....16 counts
- Repeat same, opposite.....16 counts
- Clubs to position.....carry
1. Three-quarter arm circle, left backward to position.....one.....halt
2. Hand circle backward, pass shoulders.....two.....halt
3. Three-quarter arm circle, right backward to position.....three.....halt
4. Return to position, close step, clubs in position.....four.....halt
- Repeat all, omit the word halt.....one.....to.....16 counts

BREATHING:

- Inhale and raise clubs sidewise obliquely upward.....12 counts
- Exhale and slowly lower clubs.....12 counts

COLLECT CLUBS.

See suggested list of games page 186.

Lesson Seven.**THEME:**

Bending, straightening. Direction, sidewise, upward, forward.

DISTRIBUTE WANDS.**ARMS:**

1. Wand vertically left upward, right hand at left shoulder.....one.....halt
2. Wand down and vertically right upward, left hand at right shoulder.....two.....halt
3. Wand horizontally forward, arms crossed, left up, a square within the arms.....three.....halt
4. Return to position, wands down.....four.....halt
- Repeat all, omit the word halt.....one.....to.....16 counts

HEAD:

- A 1. Lower head, stride left sidewise and place wand in rear of shoulders.....one.....halt
2. Lower head right and extend right arm downward, wand obliquely in rear.....two.....halt
3. Return to exercise A 1.....three.....halt
4. Return to position, wand downward.....four.....halt
- Repeat all, omit the word halt.....one.....to.....16 counts

TRUNK:

1. Lunge left sidewise with wand vertically left upward, right hand at the left shoulder.....one.....halt

2. Bend trunk left sidewise with wand vertically on
right shoulder, left hand at the right shoulder. two.....halt
3. Cross arms, wand horizontally, left arm on top
and bend trunk right sidewise.....three.....halt
4. Return to position, close step, arms down.....four.....halt
Repeat all, omit the word halt.....one.....to.....16 counts
Repeat same, opposite.....one.....to.....16 counts

REMARKS:

In case of narrow aisles, have pupils raise seats and face left or right.

LEGS:

- A 1. Lunge left sidewise, wand vertically upon the left
shoulder, right hand at left shoulder.....one.....halt
2. Close step right and wand vertically on right
shoulder, left hand at the left shoulder.....two.....halt
 3. Repeat as exercise A 1.....three.....halt
 4. Close step to left, wand downward.....four.....halt
Repeat all, omit the word halt.....one.....to.....16 counts

BREATHING:

Inhale and raise wand upward and place wand upon
shoulders.....six counts
Exhale slowly, lower wand.....six counts

COLLECT WANDS.

See suggested list of games page 186.

Lesson Eight.**CLUBS.****THEME:**

One-quarter, three-eighths, whole, single and double arm circle,
arm and hand circle combination. Direction, sidewise and
backward.

DISTRIBUTE CLUBS.

- Clubs in position.....carry
- A 1. Arm circle left inward to arm left sidewise, club
in line with the tense arm.....one.....halt.....correction
2. Dip club on left forearm.....two.....halt
 3. Swing club downward to arm position...three and four.....halt
Repeat all, omit the word halt.....one.....to.....16 counts
Repeat same, right.....one.....to.....16 counts
 1. Repeat exercise A 1 with side step left sidewise...one.....halt
 2. Dip club sidewise upon forearm.....two.....halt
 3. Return and swing left arm downward to position...three.....halt
 4. Return to position, close step, carry club.....four.....halt
Repeat all, omit the word halt.....one.....to.....16 counts
Repeat same, right.....one.....to.....16 counts
Swing double arm circle inward, arms sidewise with
dip on forearm.....one.....two.....halt
Return downward to arm position.....three.....four.....halt
Repeat all, omit the word halt.....one.....to.....16 counts
Left hand circle outward.....one.....two
Repeat several times.
Right hand circle outward.....one.....two
Repeat several times.

BREATHING:

- Inhale and slowly raise clubs obliquely backward.....six counts
 Exhale and lower clubs.....six counts

COLLECT CLUBS.

See suggested list of games page 186.

Lesson Nine.**WAND.****THEME:**

Raising, carrying, lowering. Direction, sidewise, upward, forward.

1. Clap hands twice in front and raise arms sidewise.....one.....halt
2. Raise arms upward.....two.....halt
3. Hands touch shoulders and arms sidewise.....three.....halt
4. Arms down.....four.....halt

DISTRIBUTE WANDS.**ARMS:**

1. Wand vertically upward, left hand on left hip,
right arm over head.....one.....halt
2. Wand diagonally, left arm upward, right arm
sidewise.....two.....halt
3. Wand horizontally left sidewise, right hand under
chin.....three.....halt
4. Return to position, close step, wand down.....four.....halt
Repeat all, omit the word halt.....one.....to.....16 counts

HEAD:

- A 1. Raise wand horizontally left sidewise and lower
head backward.....one.....halt
2. Cross arms, left arm over on top of right forearm,
wand horizontally, lower head forward.....two.....halt
3. Return to exercise A 1.....three.....halt
4. Return to position, wand down.....four.....halt
Repeat all, omit the word halt.....one.....to.....16 counts
Repeat same, right.....one.....to.....16 counts

TRUNK:

1. Charge left sidewise with wand obliquely in rear,
left arm obliquely sidewise downward, right
hand at right shoulder.....one.....halt
2. Bend trunk left sidewise.....three.....halt
3. Return, body erect.....four.....halt
Repeat all, omit the word halt.....one.....to.....16 counts
Repeat same, right.....one.....to.....16 counts

LEGS:

1. Wand vertically upward, left hand on left hip,
cross and raise left leg over in front of right
leg, leg and toes tense.....one.....halt
2. Wand diagonally, left arm upward, right arm side-
wise, left hand at chin, step left sidewise.....two.....halt
3. Cross and raise left leg in front of right leg with
wand horizontally left sidewise, right hand
at left shoulder, elbow high.....three.....halt

4. Return to position, close step, wand down.....four.....halt
 Repeat all, omit the word halt.....one.....to.....16 counts
 Repeat same, right.....one.....to.....16 counts
 Wand on shoulders.....place
 Hop on right foot with toe-step left sidewise.....one.....halt
 Hop on right foot with toe-step left forward.....two.....halt
 Hop on right foot with toe-step left sidewise.....three.....halt
 Hop on right with close step.....four.....halt
 Repeat same, right.....four counts
 Repeat all, omit the word halt.....one.....to.....16 counts

BREATHING:

- Inhale and slowly extend arms upward with head backward..six counts
 Exhale and lower arms forward downward.....six counts
 Repeat, raising wand slowly upward upon shoulders.....six counts
 Exhale slowly and lower arms.....six counts
 Repeat several times.

REMARKS:

In case of narrow aisles, have pupils raise seats and face either to left or right.

COLLECT WANDS

See suggested list of games page 186.

Lesson Ten.**CLUBS.**

Exercises from fundamental position.

EXERCISE I:

- Raise clubs obliquely sidewise, left arm up, right arm downward with side lunge left at one, change arms, the right upward, left bent in rear with bending trunk sidewise left.....two
 Return.....three.....four
 Repeat all.....one.....to.....16 counts
 Repeat same, opposite.....one.....to.....16 counts

EXERCISE II:

- A. Twist trunk to left, with raising clubs forward upward.....one.....halt
 Bend trunk backward and bend arms, crossing clubs behind shoulders, elbows pointing upward.....two.....halt
 Return to exercise A.....three.....halt
 Fundamental position.....four.....halt
 Repeat all, omit the word halt.....one.....to.....16 counts

EXERCISE III:

As Exercise II, but twist to right, form starting position.

EXERCISE IV:

Three-fourths double arm circle sidewise to the left, down and sidewise to right, left arm bent in front and return in.....	three counts
Begin.....	one.....two.....three
Repeat.....	24 counts
Repeat same, right,.....	24 counts
Repeat all, twisting trunk to right with double hand circle forward.....	one.....two
Return to position.....	three.....four
Repeat.....	one.....to.....16 counts
Repeat all, opposite.....	one.....to.....16 counts

BREATHING:

Inhale and raise clubs forward upward.....	six counts
Exhale and lower arms.....	six counts

COLLECT CLUBS.

See suggested list of games page 186.

Lesson Eleven.

WAND.

THEME:

Bending, straightening. Direction, forward, backward, upward.

DISTRIBUTE WANDS.

ARMS:

1. Wand horizontally forward, arms bent, elbows
sidewise, elbow shoulder height.....one.....halt
 2. Wand vertically forward, left hand up, height of
head, right hand down.....two.....halt
 3. Wand obliquely backward, left hand down side-
wise, right hand at right shoulder, right
elbow up.....three.....halt
 4. Return to position, wand down horizontally in
front.....four.....halt
- Repeat, omit the word halt.....one.....to.....16 counts
Repeat same, opposite.....one.....to.....16 counts

TRUNK:

1. Wand horizontally forward, arms bent, elbows
sidewise, elbows shoulder height, and lunge
left forward.....one.....halt.....correction
 2. Wand vertically forward, left hand up height of
head, right down and bend trunk forward
to right angle.....two.....halt
 3. Wand obliquely backward, left hand down side-
wise, right hand at right shoulder, right elbow
up, bend right knee and straighten left leg.....three.....halt
- Return to position, close stepfour.....halt
Repeat all, omit the word halt.....one.....to.....16 counts
Repeat all, same, right.....one.....to.....16 counts

HEAD:

- A 1. Wand horizontally in front of chest, elbows
shoulder height, lower head forward.....one.....halt

2. Extend wand upward, lower head backward.....two.....halt
3. Return to exercise A 1.....three.....halt
4. Return to position, close step, wands down.....four.....halt
- Repeat all, omit the word halt.....one.....to.....16 counts

LEGS:

1. Wand horizontally in front of chest, elbows
shoulder height and lunge left forward.....one.....halt
2. Close step. Wand vertically forward, left hand
up height of head, right hand down and
raise left leg backward.....two.....halt
3. Lunge left forward, wand obliquely in rear of
shoulder, left arm sidewise, right hand at
right shoulder.....three.....halt
4. Return to position, close step.....four.....halt
- Repeat all, omit the word halt.....one.....to.....16 counts
- Repeat, same, right.....one.....to.....16 counts

COLLECT WANDS.**BREATHING:**

1. Inhale and raise arms sidewise upward to about
45 degrees, palms outward, arms tense.....six counts
2. Exhale and lower arms.....six counts
- Repeat all.
- See suggested list of games page 186.

Lesson Twelve.**CLUBS.****THEME:**

One-half, three-quarter arm circles; hand and arm circle combination. Direction, backward, forward, sidewise.

DISTRIBUTE CLUBS.**ARMS:**

- Clubs to position.....carry
1. Swing clubs backward.....one.....halt.....correction
 2. Swing forward upward, bend elbows, clubs behind
shoulders.....two.....halt
 3. Double hand circle forward.....three.....halt
 - Return clubs to position.....four.....halt
 - Repeat, omit the word halt.....one.....to.....16 counts
 1. Charge left backward, swing arms backward.....one.....halt
 2. Swing arms forward upward, elbows bent, clubs
back of shoulders.....two.....halt
 3. Double hand circle forward.....three.....halt
 4. Return to position, carry clubs.....four.....halt
 - Repeat all, omit the word halt.....one.....to.....16 counts
 - Repeat all, right.....one.....to.....16 counts

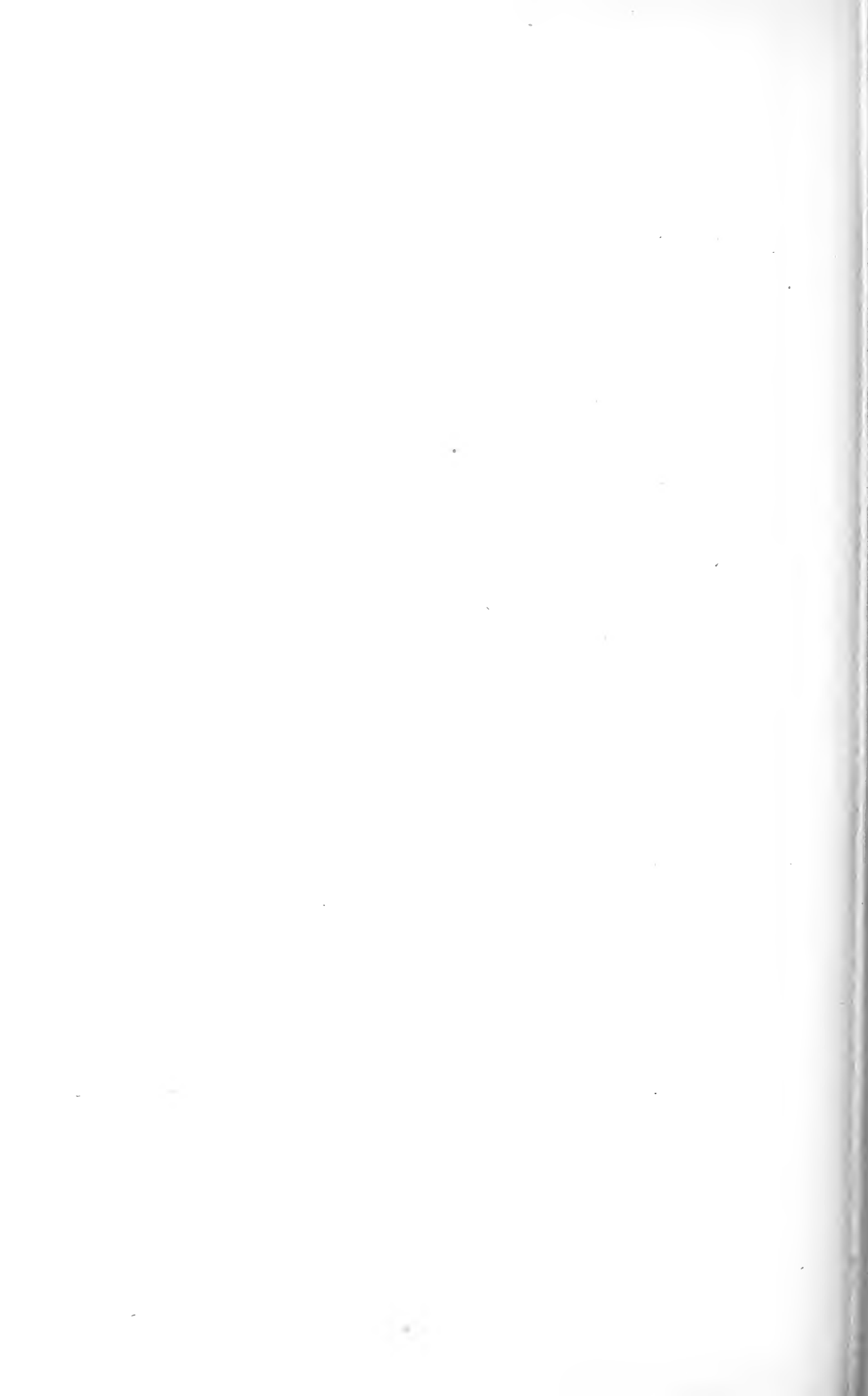
TRUNK:

- A 1. Lunge left forward, left arm with club obliquely
forward upward, right obliquely downward
backward, but in line with the left arm,
arms tense, clubs in line.....one.....halt.....correction

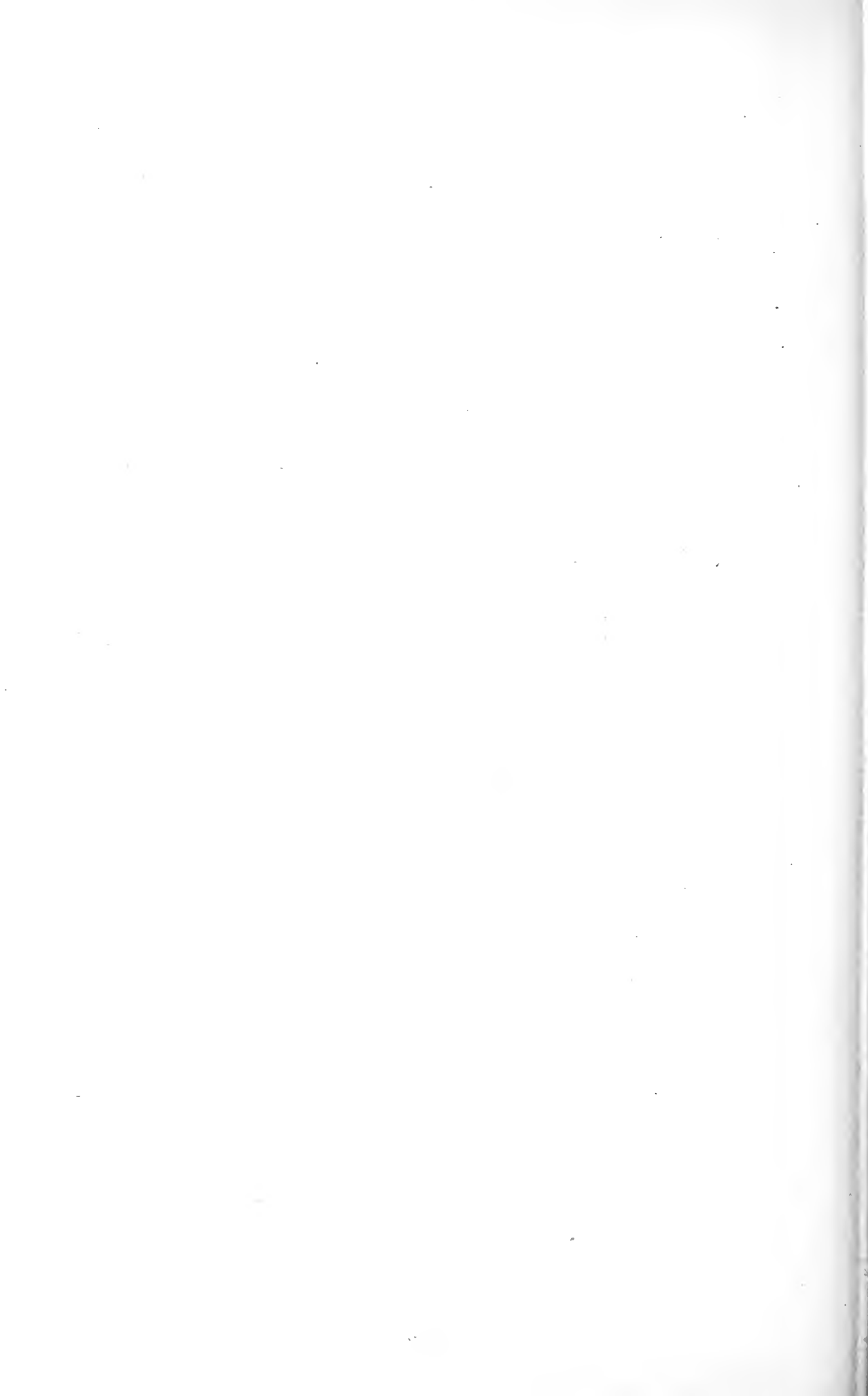
2. Reverse arms, right arm over head, club horizontally, left arm bent in rear, club horizontally..two.....halt
3. Return arms as exercise A 1.....three.....halt
4. Return to position, close step, carry clubs.....four.....halt
 - Repeat all, omit the word halt.....one.....to.....16 counts
 - Repeat same, right.....one.....to.....16 counts
- Club to position.....carry
- Arm circle left sidewise, back to position.....one.....two
- Repeat.....twelve
- Repeat same, right.
- Hand circle left in rear of shoulders.....one
- Repeat about a dozen times.
- Same, right, repeat about a dozen times.
1. Arm circle left sidewise with hand circle in rear
 - of left shoulder.....one.....two.....halt
2. Repeat, omit the word halt.....one.....to.....16 counts
3. Repeat same, right.....one.....to.....16 counts
4. Repeat with both arms.....32 counts

BREATHING:

- Inhale and raise arms backward upward.....six counts
- Exhale and lower arms.....six counts
- Repeat several times.
- See suggested list of games page 186.



Gymnasium



GYMNASIUM.

In schools equipped with a gymnasium, the pupils in the seventh and eighth grades will take up the following lessons according to schedule time.

In mass work, form the class into a column of ranks according to the number of apparatus at hand. If you have four apparatus of a kind, then have ranks of fours. If six apparatus, have ranks of six, etc.

In special class work, divide the class into squads of eight or ten to a class and send them orderly to their various apparatus.

PROGRAM FOR APPARATUS WORK**SEVENTH AND EIGHTH GRADE BOYS' APPARATUS.****Horizontal Bar (Reach Height).****EXERCISE I:**

- (a) Jump to upper arm, hang.....one
- (b) Swing forward and backward several times.....two

EXERCISE II:

- (a) Jump to bent arm, hang; bend legs forward and turn over backward, feet touching bar. (Squat position under bar.)
- (b) Return.

EXERCISE III:

- (a) Jump to bent arm, hang and swing left leg into (knee-leaning, hang).
- (b) Return.

EXERCISE IV:

Jump up to bent arm, hang and swing left leg over bar to seat on bar, body erect, right leg straight, lower backward.

EXERCISE V:

Repeat same, opposite.

Horizontal Bar (Shoulder Height).**EXERCISE I:**

- (a) Jump to free arm support.....one
- (b) Circle left leg over bar.....two
- (c) Circle right leg over bar.....three
- (d) Dismount forward to rear stand.....four

EXERCISE II:

- (a) Jump to free arm support.....one
- (b) Circle left leg over bar.....two
- (c) Circle right leg over bar.....three
- (d) Fall backward into knee hang and over to an inverted hang to stand.....four

EXERCISE III:

- (a) Jump up to free arm support.....one
- (b) Fall backward, toes at bar and swing left leg over bar to sitting position.....two
- (c) Turn mount left to left side stand.....three.....four

EXERCISE IV:

- (a) Repeat same, right.

EXERCISE V:

- (a) Front pull up.

Bucks (Long, Chest Height).**EXERCISE I:**

- (a) Rear mount right to straddle position.....one
 (b) Swing legs backward to front lying support.....two
 (c) Straddle dismount forward.....three.....four

EXERCISE II:

- (a) Front mount right to straddle position.....one
 (b) Swing legs backward to front lying support.....two
 (c) Straddle backward.....three.....four

EXERCISE III:

- (a) Rear mount right to straddle position.....one
 (b) Swing legs backward to squat position.....two
 (c) Stand erect.....three
 (d) Jump down to side stand left.....four

EXERCISE IV:

- (a) Jump up to squatting position.....one
 (b) Stand up.....two
 (c) Jump forward.....three
 (d) Rear stand.....four

Swing Rings (Reach Height).**EXERCISE I:**

- (a) Jump to bent arm hang, turn over to an inverted hang....one....two
 (b) Return.....three.....four

EXERCISE II:

- (a) Jump to bent arm hang, swing legs forward up,
 legs straight and tense against the ropes,
 arms straight, head back.....one.....two
 (b) Return.....three.....four

EXERCISE III:

- (a) Jump to bent arm hang, swing legs forward upward and place
 toes in rings, arch back in a bird nest.....one.....two
 (b) Return.....three.....four

EXERCISE IV:

- (a) Chin several times with head bent backward.

EXERCISE V:

- (a) Later try all with a slight swing.

Swinging Poles (Single).**EXERCISE I:**

- (a) Jump to bent arm hang and climbing position left. The same
 right.

EXERCISE II:

- (a) Jump to bent arm hang and climbing position left. The same
 right. Repeat all several times.

EXERCISE III:

- (a) Jump to bent arm hang into climbing position.....one
 (b) Straighten legs.....two
 Repeat twice.....three.....four

EXERCISE IV:

- (a) Climb up to the top.

EXERCISE V:

- (a) Later, all with a slight swing.

Side Horse (Hip Height).**EXERCISE I:**

- (a) Run and jump to free arm support.....one
 (b) Circle left leg over left saddle.....two
 (c) Circle right leg over right saddle.....three
 (d) Dismount forward to rear stand.....four

EXERCISE II:

- (a) Run and jump to free support and swing left leg over
 left saddle.....one
 (b) Circle right leg over right saddle.....two
 (c) Circle left leg backward over left saddle.....three
 (d) Circle right leg backward over right saddle.....four
 (e) Squat forward between saddle.....five.....six

EXERCISE III:

- (a) Run and jump to straddle position on rear of horse.....one
 (b) Scissors left backward.....two
 (c) Scissors backward.....three
 (d) Dismount forward.....four

EXERCISE IV:

- Same exercise as III above, but on neck of horse.

Buck (Broad, Hip Height).

- (a) Straddle vault forward.
 (b) Straddle vault forward with one-fourth turn left or right.
 (c) Squat vault forward.
 (d) Squat vault forward and one-fourth turn.
 (e) Flank vault forward.
 (f) Front.

Ladders (Incline, Under Side).**EXERCISE I:**

- (a) Out of front hang stand, upper grip on rails. Travel upward
 in free arm hang, walk upward and drop down.

EXERCISE II:

- (a) As exercise I, and travel down in hang.

EXERCISE III:

- (a) As exercise I, but grasp with follow grip the same way down.

EXERCISE IV:

- (a) Travel up and down in free arm hang, hands grasping rails.

SEVENTH AND EIGHTH GRADE GIRLS' APPARATUS.**Giant Stride.****EXERCISE I:**

- (a) Run forward, common steps, twice around the circle, change, and the same right.

EXERCISE II:

- (a) As 1st exercise, with running steps.

EXERCISE III:

- (a) As exercise 1, with three running steps, hop up and swing outward.

Repeat twice around.

EXERCISE IV:

- (a) As exercise 1, with giant stride steps twice around, change, and same right. (With right hand grasp upper round; with left hand grasp second round from bottom.)

EXERCISE V:

- (a) Gallop hop left once around. Repeat several times.
(b) Gallop hop right once around. Repeat several times.

Ladder (Incline).**EXERCISE I:**

- (a) Step up to front hang stand, bend and straighten arms four times, step down.

EXERCISE II:

- (b) In hang stand as in exercise I, make hands travel toward feet as far as possible and return without bending arms or legs. Repeat.

EXERCISE III:

- (a) As in exercise I, release left hand, turn left to side hang stand and return; the same, right.

EXERCISE IV:

- (a) As in exercise III, in the side hang stand, raise left leg sidewise, bend and straighten right, return and change.

Horizontal Bar (Reach Height).**EXERCISE I:**

- (a) In hand hang upper grip, swing forward and backward several times.

EXERCISE II:

- (a) Jump and grasp bar with under grip. Raise and bend lower legs backward.....one
(b) Change hang to upper grip.....two
(c) Change to under grip.....three
(d) Down.....four

EXERCISE III:

- (a) Jump to bent arm hang and raise knees to right angles.....one
(b) Down.....two

EXERCISE IV:

- (a) Jump to under grip in hand hang, release, right hand swing, arms down, turn left about and regrasp bar on other side, change left hand and repeat the exercise.

Rings (Reach Height).**EXERCISE I:**

- (a) Grasp both rings with both hands, run forward and kick forward with both feet.....one
 (b) Raise lower legs backward.....two
 Repeat several times.

EXERCISE II:

- (a) Grasp both rings and run forward and jump up into bent arm hang.....one
 (b) On the return, lower to hand hang and run forward and repeat (a) exercise.....two
 Repeat several times.

EXERCISE III:

- (a) Run forward and jump with knees at right angles, toes down, arms bent.....one
 (b) Return and swing several times with knees bent.....two

EXERCISE IV:

- (a) Grasp both rings and run forward and left about face.....one
 (b) Run forward and right about face.....two
 Repeat several times.

Poles (Walk Back With Pole).**EXERCISE I:**

- (a) Run forward on the end of fore swing, jump up into bent arm hang.....one
 (b) Swing back and forward twice.....two.....three
 (c) On the end of back swing turn about and jump down.....four

EXERCISE II:

- (a) Run forward, jump to bent arm hang, and take climbing position, swing backward, forward, backward and jump down.

EXERCISE III:

- (a) As exercise II, climb around the pole while swinging and jump down on opposite side. Repeat.

EXERCISE IV:

- (a) Swing in bent arm hand without climbing position.

EXERCISE V:

- (a) Climb to top.

Horizontal Ladder.**EXERCISE I:**

- (a) On side front stand. At farther end of ladder grasp rail with upper grip, bend legs backward and travel sidewise the whole length of the rail. Jump to stand.

EXERCISE II:

- (a) On side, front stand at farther end of ladder. Two pupils on the rails opposite of each other and travel the full length of rail.

EXERCISE III:

- (a) Travel forward on cross hang, hands grasping rails, legs bent backward, one length.

EXERCISE IV:

In side stand under ladder at farther end of ladder.

- (a) Jump into hand hang, grasp rounds. In far arm reach, upper grip, release right hand, one-half turn left and swing arm down and up and grasp in far reach with right hand.....one
- (b) Travel and continue swings until to the end.

Rings (Shoulder Height).**EXERCISE I:**

- (a) Lower body sidewise into hang stand.....one
- (b) Raise body to stand and lower forward to hang stand.....two

EXERCISE II:

- (a) On upper arm hang, swing forward, backward, forward backward and off.

EXERCISE III:

- (a) In upper arm hang run forward and swing with grasping hand under knees, knees at right angle.

EXERCISE IV:

- (a) In stand turn over into an inverted stand.....one
 - (b) Return backward.....two
- Repeat twice.

EXERCISE V:

- (a) Turn over forward into a bird nest.....one
 - (b) Return.....two
- Later, practice with a slight swing.

Swinging Poles (Double).**EXERCISE I:**

- (a) Run forward and backward, three steps each way, raising up to momentary swing at end of run.

EXERCISE II:

- (a) Run forward and jump to climbing position on right pole.....one
- (b) Swing several times and off on the end of the back swing.

EXERCISE III:

Repeat exercise II, with climbing position, left.

EXERCISE IV:

- (a) Run forward and climb up on left pole. Hold to right pole with right hand. Slide down carefully.
- Repeat same on right side.

EXERCISE V:

Run forward and grasp with left and right hands on pole and swing with bent arm hang.

EXERCISE VI:

Repeat exercise V, with climbing.

Elementary School Grade Games

GAMES, SINGING GAMES AND
DANCING GAMES.

Rules and Regulations

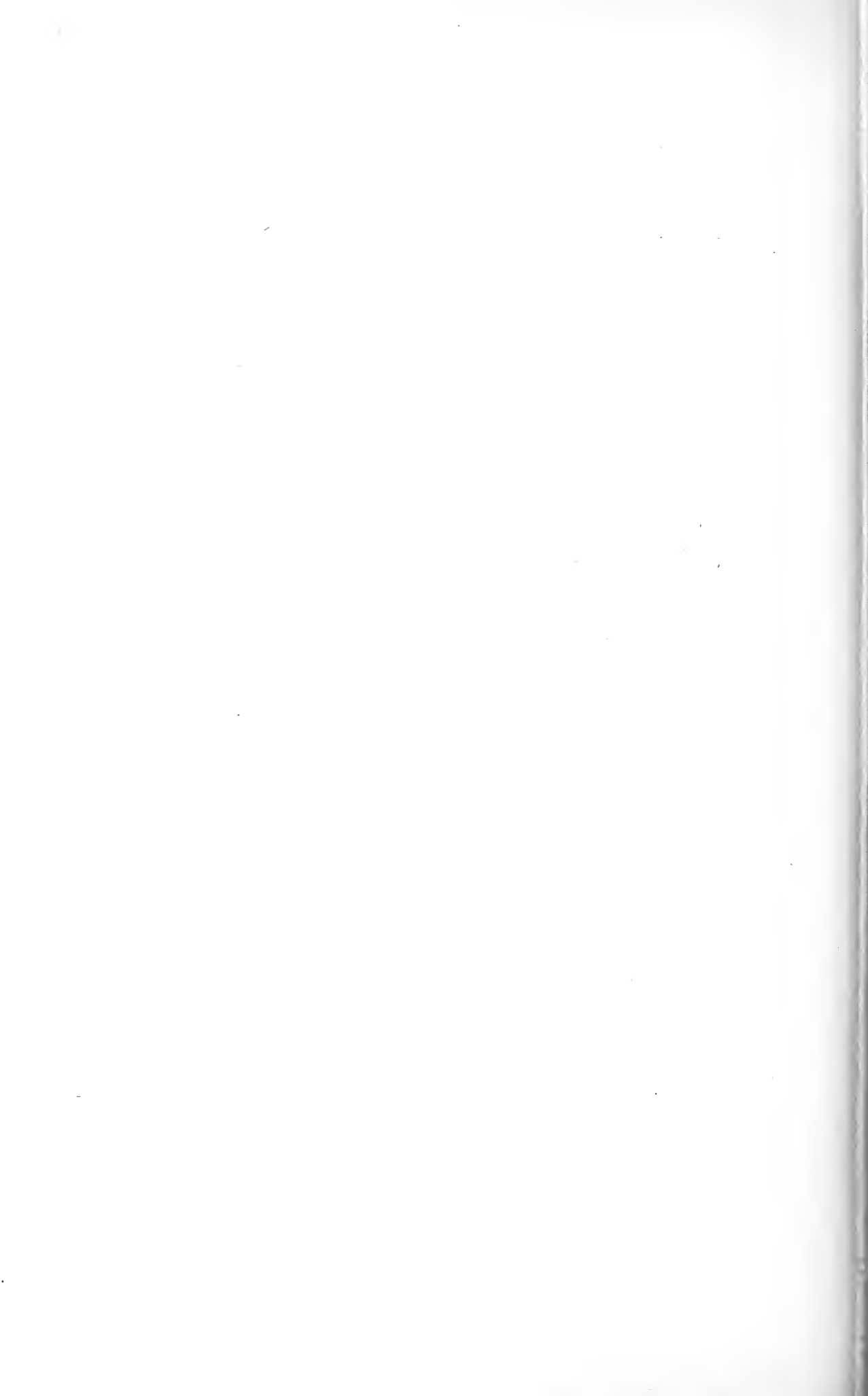


The following games, singing games and dancing games, have been selected and can be played either in the room, or in any open space, or out on the playground. They should be played at least once or twice a week.

It is advisable to separate sexes in a game of play. Always when playing in the yard select a shady spot for play.

First, always form your circle or line for instructions. In all running games do not permit playing to exhaustion. Do not allow, in playing, co-partnership, this demoralizes the game for the pupils. By all means the teacher should not get uneasy or nervous when the pupils yell in fun through play. The teacher should remember that the child is developing concentration of thought as well as developing the lungs. Tolerate no kind of rough or boisterous play.

Good order must always prevail with
fair play. One game to every
free lesson.



FIRST GRADE GAMES.

Imitation Games.

1. **Scooping Sand.**—Stand with the feet apart, gather up sand with hands and throw vigorously over head 10 times.

2. **Windmill.**—Right arm extend upward, left arm down. Swing right arm forward and downward and left arm upward and backward, thereby making a circle with each arm.

3. **Arms Forward.**—One, move arms sidewise; two, clap hands in front of chest; three, repeat with play. Repeat several times.

4. **Jumping Jack.**—Jump with feet apart sidewise and clap hands over head, one. Jump and close feet with clapping hands in rear. Repeat several times.

5. **Throwing Lasso.**—Step position left forward, right hand on hip and describe ten circles over head with the right hand, position; repeat several times.

6. **Locomotive Getting Up Speed.**—Bend right elbow, force backward the left elbow and raise forward hands clenched. Now change position of arms, pulling vigorously. Repeat 10 to 16 times. Add leg exercise, bending one leg and then the other. Later combine arms and legs.

7. **Flying.**—Raise arms sidewise and run once around the room.

8. **Chopping Wood.**—Feet apart, raise axe over left shoulder and chop down hard, then raise over right shoulder. Repeat, changing shoulders. Repeat a dozen times.

9. **Rowing.**—One-fourth of a turn in seats or face left or right in seats. Bend trunk forward, hands to foot, one. Hands to shoulders, two. Repeat a dozen times.

10. **Hopping.**—Hands on hips.....place
Hop eight times on left foot.
Hop eight times on right foot.
Repeat several times.

11. **Jumping.**—Hands on hips.....place
With both feet, jump up and down on toes.
Repeat a dozen times.

12. **Squirrel and Nut.**—All pupils remain seated with their heads bowed on the desks (squirrels asleep), the right hands resting on the desks; palms up (the squirrels' pantry). One pupil is selected who looks for the pantry in which to store his nut. He runs lightly up and down the aisles, drops the nut in one of the pupil's hands and runs once around the room to his seat. As soon as the second player gets the nut he chases the first player around the room and tries to catch him. Should the first player get tagged before he arrives at his seat, he must again be "it;" if not, the second player is the squirrel for the next game.

13. **One-minute run around the room or space.**

Remark: One game to each grade lesson.

Folk Dances.

Besides having hygienic and recreative value, folk dances cultivate gracefulness, muscular control and a keen sense of rhythm. They do not appeal to boys and it is doubtful whether any greater amount of time spent on them by boys is worth while, as the same results for the most part may be secured through other forms of activity. They are optional and may be omitted entirely if it is thought best by local authorities.

To Teachers.

1. In teaching a folk dance keep in mind the three purposes of the dance.
2. The steps may be taught in the aisles of the classroom, the teacher or pupils counting "one and two and" etc. Whenever possible, however, use platforms, halls or assembly rooms. If the teaching of folk-dances is impracticable substitute games.
3. Many of the dances listed have Victrola records, which may take the place of a piano.

FIRST GRADE SINGING GAMES.**THE FARMER IN THE DELL.**

The farm - er in the dell, The farm - er in the dell,

Heigh - oh the cher - ry - oh, The farm - er in the dell.

The farmer takes a wife, etc.,
 The farmer takes a wife, etc.,
 Heigh-oh, cherry-oh,
 The farmer takes a wife.

The following stanzas vary only in the choice, and are as follows:

The wife takes a child, etc.,
 The child takes a nurse, etc.,
 The nurse takes a cat, etc.,
 The cat takes a rat, etc.,
 The rat takes the cheese, etc.

The players form a circle with one player in the center, who is the farmer. As the stanzas are sung the players move from right to left around the circle as the second stanza is sung. "The farmer takes a wife," the farmer chooses a player to stand with him in the center. This continues, the wife choosing a child, the child a nurse, etc., down to the cheese. When cheese is chosen, all clap hands, jump up and down and shout. Cheese stays in and is farmer.

GO ROUND AND ROUND THE VILLAGE.

Go round and round the vil - lage, Go round and round the vil - lage, Go

round and round the vil - lage As we have done be - fore....

Now follow me to London,
 Now follow me to London,
 Now follow me to London—
 As we have done before.

Playground. Players join hands and form circle with one player outside; the circle stands still, representing the house of a villager. The words are sung by the circle players while the first player skips around the outside of the circle as the second stanza is sung, the players raise their clasped hands and the first player skips in and out of the arches trying to complete the circle before the stanza is finished. At the beginning of the third stanza the first player steps in the ring and chooses a partner, the two then go outside and skip around the circle, the second player following the first. At the end of the fourth stanza the first player returns to the circle and the second player proceeds as the first player did in the above description.

I SEE YOU.

1 2 3 4

I see you, I see you, tra la la la la la la la; I

5 6 7 8 9

see you, I see you, tra la la la la la; You see me and

10 11 12 13

I see you, Then you take me and I'll take you; You see me and

14 15 16

I see you, Then you take me and I'll take you.

Measure 3.....Number two makes two quick movements of the head, looking to the left and right, holding the latter position.

Measure 4.....Repeat, looking to the left, and pause.

Measures 5-8.....Repeat from the beginning, looking first to the right.

Measures 9-12.....On the first of the ninth measure all players clap their own hands together, while number two springs forward from the left of his partner and meets number two from opposite side. The two join hands and swing about to the left with a slide step. (Two slide steps to a measure.)

Measures 13-16.....Clap hands and join neighbors and swing partners. Partners lean outward, arms tense, on the command halt. Number two stands in front of number one. Repeat four times.

THE SHOEMAKER.

A *Allegro.* 1 2 3 4 5

6 7 8 **B** 9 10

11 12 13 14 15 16

The musical score is for a piano piece in 2/4 time, marked 'Allegro'. It consists of 16 measures. Measures 1-5 are marked 'A', measures 6-10 are marked 'B', and measures 11-16 are marked 'C'. The notation is in treble and bass clefs, with a key signature of one flat (B-flat). The melody is primarily in the treble clef, and the bass clef provides a harmonic accompaniment. There are repeat signs at the beginning of measures 1, 6, and 11.

Remark: Sing la la la, etc.

FORMATION:

Form double circle or columns of ranks.

Measure 1....Fold arms in front, shoulder height, fists closed, roll one arm over the other forward three times.

Measure 2....Reverse three times.

Measure 3....Jerk elbows backward shoulder height....two times slowly.

Measure 4....Jerk elbows backward shoulder height.....three times quickly.

Measures 7-8....Repeat same.

Measures 9-16....Imitate sticking, move right arm upward.....one; down.....two. Repeat 16 times.

Repeat the same exercise for part A.

For part B, all, kneel left and hammer on right knee.

Repeat the same exercise for part A.

For C, partners join hands and dance hop....1....16 counts.

Repeat several times.

SECOND GRADE GAMES.

1. **Cat and Rat.**—All form a circle, neighbors join hands, number your pupils from one to sixteen. Number one enters circle, number two stands outside of circle. Number one says, "I am the rat." Number two says, "I am the cat." The cat says, "I want to catch you." The rat says, "See if you can." The cat now runs and tries to catch the rat. The players in the circle join neighbors' hands and allow the runners freedom under their arms, until the rat is caught, or until they are exhausted when the teacher calls halt. Then three and four come to play until caught. Then five and six; continue the play to the last numbers. Then the even number may enter as rat and the uneven number as cat.

2. **Running and Hopping Race.**—According to space allowed have four boys start together and run the length of the yard (35 yards), touch the fence and hop back the other length on one foot. Whoever crosses the starting line first is declared the winner.

3. **Fox and Hens.**—Form a file, seven in a file, place arms around front neighbor's waist; the leader, hands on hips. The pupils who form in rear of the Hen are called the chicks. A pupil steps forward in front of the Hen and is the Fox. The Fox tries to tag or catch the last chick. The mother Hen prevents, and protects her chick by raising arms sidewise, thereby blocking the Fox's efforts. When Mr. Fox tags or catches the last chick he joins at the end of line and becomes a chick. Then the mother Hen steps forward and becomes Fox. This game is continued until all have had a trial for Fox or Hen.

4. **Cleaning House.**—

1. Open windows, starting at level of head, push up.
2. Roll up rugs, stoop and walk forward a few steps.
3. Take outdoors over shoulders. Run around room one row at a time.
4. Beat the rug, kneeling, with a stick in each hand.
5. Shake them standing.
6. Sweep house.
7. Get dust out of lungs.....breathing.

5. **Drop the Handkerchief.**—Form circle and join hands. A pupil stands on the outside of the circle, then runs around the circle and drops a handkerchief at one of the player's feet. The leader tries to run once around the circle to his place. The player who picks up the handkerchief, chases the runner; if the player succeeds in tagging the runner, then she or he may be retagged before she gets to her original place. Continue the play until every one has a turn in the game.

6. **Wood Taggers.**—Mark a circle on the floor in front of desks, Choose a player to be "it." He stands near but not in the circle and calls the names of three players. The players must arise and try to reach the circle without being tagged. They may run in any aisle in either direction. The first one tagged is "it" and the game continues as before. If none is caught, three more are named. Encourage naming players who have not been called.

7. **Circle Bell.**—Form circle by joining hands, step backward and extend arms. Lower arms. A player stands in center of ring and tosses the ball across the circle to an opposite side. The center player who tossed the ball exchanges places with the person to whom the ball is tossed if he misses it, and he becomes "it," taking his place in center of circle.

Repeat until all have a chance. Basket ball or volley ball is preferred for tossing.

8. **Fox and Farmer.**—Form a circle, standing about one arm's length apart without grasping hands. The one chosen as the fox stands in the center, the farmer on the outside of circle. The farmer sees the fox in his garden and says, "What are you doing in my garden?" The fox answers, "Stealing grapes." The farmer says, "I'll send my dog after you." The fox says, "I don't care." Then the fox runs in and out under the arms. The farmer must follow exactly the same track. If caught, the fox goes to his place and another is chosen; if not caught, the fox may play again, or two other pupils take up the game.

9. **Passing the Blackboard Eraser.**—All pupils sit erect and face to the left or right, passing eraser sidewise from one desk to another until the end of row of seats and return in same manner to leader who stands up, holding high the eraser to show the winner. If you have six rows of seats, give each row a name of a nation or president. The leader who is first to receive back the eraser and who is first to stand wins for his row. Remember, at a given signal the erasers are passed from one desk to another and returned for the winners.

10. **Passing Eraser Over Heads.**—All pupils face to the front, body erect, eyes to the front. At a given signal the leader passes the eraser to rear over head from one desk to another and returns back to leader. Winning row determined as in preceding game.

11. **Hopping and Running Race.**—All pupils of first section stand opposite seats, facing to rear. At a signal all hop on one foot to rear wall, touch it with one hand, turn about and run back to their respective desks. The one touching his desk first wins. After all sections have had their turn the winners of each may compete.

12. **Exchange Seats.**—Class arises to left or right at one, steps back to next seat at two, and is seated at three. This will leave the last pupil standing. At a signal all "last" pupils run forward to the first seats. The first to arrive wins. At command of teacher all stand, change desks, and repeat until everyone is back to his place.

SECOND GRADE SONGS AND GAMES.

SOLDIER BOY.



Soldier boy, soldier boy, where are you going,
 Bearing so proudly the red, white and blue?
 I'm going where country and duty are calling;
 If you'll be a soldier boy, you may go, too.

Paper soldier caps and epaulets made by the children add much interest if worn during the march. The following characteristic activities may be imitated for short periods of time as the children march, one by one, in twos or in ranks of fours.

1. Soldier caps.....arms circle over head, finger tips to meet.
2. Knapsacks.....arms in rear.....fold.
3. Horns.....hands held to mouth as if grasping trumpets.
4. Charging with guns.....aim with left arm extended, right arm bend.....fire.
5. Waving flag signals.
6. Drumming.....snare and bass drums.
7. Fife.....hands held at side of mouth as in reality.
8. Running.....double quick, march.
9. Arm salute.....navy salute, scout salute to the American flag, each one passes.
10. High, stepping war horse.....raise knees high alternately.

LITTLE BO-PEEP.

Allegretto.

Lit - tle Bo - peep has lost her sheep, And can't tell where to find them;

Leave them a - lone and they'll come home, Wag - ging their tails be - hind them.

FORMATION:

All face to the front, standing in aisles, partners join inside hands (cross desks). Girls take hold of skirts with outside hands on hips.

1. "Little Bo-Peep Has Lost Her Sheep."—Skip forward with three skipping steps, left, right, left, and close step. In skipping, take a little hop on the inside foot, hop on it, and raise the inside foot forward.

This is a simple hop step that all children seem to know almost instinctively (hopping-hop). "And can't tell where to find them." Shake head very slowly and sadly from side to side four times. "Leave them alone and they'll come home." Return and hippity-hop to your places. "Wagging their tails behind them." Face partners and nod heads up and down. Repeat from beginning, singing first verse.

2. Two rows skip around one row of desks singing:

"Then up she took her little crook
Determined for to find them,
What was her joy to behold them nigh,
Wagging their tails behind them."

In gymnasium form a circle, all facing center and have player advance forward and backward from center.

LONDON BRIDGE.



I.

London bridge is falling down,
Falling down, falling down;
London bridge is falling down,
My fair lady.

II.

Build it up with iron bars,
Iron bars, iron bars;
Build it up with iron bars,
My fair lady.

- Measure 1. In aisles face to side of room.
Slide step left and slide step left.
Stride left and hold for a second.
- Measure 2. Stride position, bend trunk left and return, bend trunk right and return.
- Measure 3. 1. One-fourth turn to the front, with toe-step left forward.....one.....halt
2. Step left sidewise.....two.....halt
3. Step position right forward.....three.....halt
4. Curtsy with close step.....four.....halt
Repeat three times.

POP GOES THE WEASEL.



Boys and girls in alternate aisles. Partners join inner hands across desks and all face the front of the room. Boys place outer hands on hips, girls hold skirts. Start with outer foot and take three steps forward and toe-step with the inner foot forward.....four counts. Repeat same but start with inner foot three steps forward and toe-step forward on the outer foot.....four counts. Turn and face partners with joining opposite partners' hands and step to the side toward the front of room.....one. Cross other foot behind and bend both kneestwo. Step in opposite direction and cross step in rear with bending knees. All face to the back of room and repeat all the steps. On the last few steps sing, "Pop Goes the Weasel."

THIRD GRADE GAMES.

1. **North and South.**—Two divisions line up facing each other, at a distance of about twenty feet, holding their hands waist high with palms turned upward. The leader of one side advances and lays his hand successively on the hands of several of the players on the other side, suddenly striking a hand; whereupon he turns and runs back to his line, pursued by the tagged one. If caught before reaching his side, he returns to the opposite sides and the catcher takes his turn. The tagged one always continues the game. The side that has the larger number at the close wins the game.

2. **Hop Butting** (for boys).—Two boys, with arms folded, stand on right feet. Each tries to compel his opponent to lose his balance and to touch the ground with both feet, by hopping against him. The one keeping his left foot off the ground the longer is the winner.

3. **Hopping and Pulling** (for girls).—Two girls step forward to the center. Shake left hand and hold. Stand upon left foot, raise the right lower leg and hold the right foot with the right hand. Both pull. The one succeeding in pulling her opponent over is the winner.

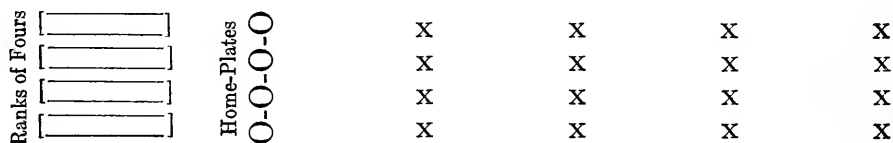
4. **Follow the Leader.**—One player who is especially resourceful or skillful is chosen as leader. The others all form in single file behind him and imitate anything he does. The leader aims to keep the line moving and sets hard tasks for them. He should go over and under obstacles, touch high points by jumping, etc. Anyone failing to perform the task drops out of the game or pays a forfeit, as is decided beforehand.

5. **Three Deep.**—The players pair off in couples and all but one couple form a circle with each partner behind his mate. Of the odd couple, one is "it" and the other is chased. The one who is chased may stop in front of any of the other couples; when he does this, the rear player becomes the one chased. If the one who is "it" makes a catch, the one caught becomes "it" and tries to return the tag before the catcher can stop in front of a couple.

6. **Bull in the Ring.**—All but one of the players stand in a circle with hands firmly clasped. The odd player stands in the center and is the Bull. The Bull tries to break through the ring by lunging against the hands of any two players. If he breaks through, the two players whose hands he parted immediately give chase to him, and the one catching him becomes the Bull.

7. **Tag-the-Wall Relay** (In school room).—Name each aisle according to various city baseball teams, such as St. Louis, Chicago, New York, Cleveland, Detroit, Boston, etc. At a given signal from the teacher the last player in each aisle runs forward, touches the front wall, returns to the front seat, sits down and raises his hand. As soon as a runner tags the front wall, the players in that row of seats move back one seat so that the first is left vacant for the runner. When the runner is seated and has raised his hand, the player who is now last in the row runs forward, touches the wall and sits in the front seat as did the first player. This continues until all have run. The team wins when the first player of a row succeeds in returning to his own seat before any of the other players who were sitting in the front of the room can do so. All must run down the left side of the aisles. Each must keep both feet well under front neighbor's seat.

8. **Potato Race, Planting and Picking.**—Arrange ranks of fours. Draw four circles about two feet in diameter and four feet apart on the starting line. The circles are the home plates. Opposite in file of each circle, mark plainly four crosses about ten feet apart on the floor or ground. Place four potatoes or (what is handier in school) four erasers inside of each ring. (Note the following diagram of play.)



The first four pupils of each line march out and stand inside of their respective rings, each taking up one of the objects. At the command of the teacher, "Get ready, go," all run, place their objects on any one of the crosses opposite their ring; come back, get the second, place that on the next cross mark; come back, get the third and place that on the next cross mark; come back, get the fourth and place it on the last mark; run back and stand in the home ring. The one through first is the winner. Next four step forward and pick up their objects. On command they start off, replacing their erasers according to routing. The first wins, etc.

9. **Lame Fox and Chickens.**—A den is marked off at one end of ground for the fox and a chicken house at the other end for the chickens. The chickens run up as near to the fox's den as they dare and shout, "Lame fox, lame fox, can't catch me!" The fox makes three steps from his den, but if he wishes to go further must hop on one foot. He may change from one foot to the other but must never stand on both feet at once. Should the latter occur the chickens may hit him with their handkerchiefs and drive him back to his den. The fox tries to catch as many chickens as he can; all those caught go to his den and when he sallies forth again must go with him in like manner to catch chickens. The fox and chickens may return to their respective homes at any time. The last chicken caught becomes the first fox in the new game. The teacher should encourage the timid child to come to the front and to have the fox come out.

10. **Beetle Goes Around.**—The pupils form a circle, standing close together and facing toward the center, with hands grasped behind them. One player runs around the outside of the circle carrying the "Beetle" in a knotted handkerchief or a folded towel. While doing this he passes the Beetle to a player without being seen by the rest. After passing the beetle he calls, "Move on, Beetle." The one holding the beetle steps out and strikes the player to his right, chasing him around the outside of the circle and back to his place, striking as often as possible. The player having the Beetle will continue the game by giving it to some other player.

11. **Ball or Bean Bag Over Heads.**—Form double file, 20 or 30 deep, straddling position. The first player of each file has a ball. At the signal it is passed over the heads until the last is reached, who runs forward and starts the ball by passing it backward over the heads of the players. When the last one goes to the front, he starts it over in the same manner. Continue until the last one has had a turn at the ball.

12. **Touch.**—All form a circle by grasping hands. One of the players runs around the outside, touches another, who immediately

runs in the opposite direction. The place is left vacant until one or the other returns. The last one returning continues the game. This may be varied by the two runners grasping hands on meeting each other and making a complete turn around each other, then running on again.

BROOM DANCE.

Allegro 1 2 3 4

One, two, three, four, five, six, seven; Where has my fair play-mate gone?

5 6 7 8

In Bos - ton, in Mi - lan, Where the pret - ty maid - ens live.

9 10 11 12

Tra, la, la, la, la, la, la, la, Tra, la, la, la, la, la, la, la,

13 14 15 16

Tra, la, la, la, la, la, la, la, la, la, la, la, la, la, la.

Measures 9-16. The boys go forward, including the broom, and seek partners. They join hands at shoulder height and proceed around the room with a slow polka step. The boy who has no partner takes the broom. Singing should accompany the music.

RIDE A COCK-HORSE.

Ride a cock - horse to Ban - bur - y cross, To

see a fine la - dy up - on a fine horse; Rings on her fin - gers, and

bells on her toes; She shall have mu - sic wher - ev - er she goes.

FORMATION:

In single circle, facing forward, alternating. The girls may place hands on the boys' shoulders.

"Ride a Cock-Horse to Banbury Cross
To see a fine lady upon a fine horse."

Take eight galloping steps forward, starting with the left foot; face partners at the end, with boys on the side.

"Rings on her fingers and bells on her toes"

Raise the arms over the head, wiggle the fingers and jump in the air twice.

"She shall have music wherever she goes."

Partners take hands and turn once about with skipping steps.

Repeat music from beginning. Do not sing unless there are words to music.

Partners face each other and join hands, arms raised at the side to shoulder level. Take three slides sidewise with left foot (girl, right) and swing the right foot forward. Repeat to the right and swing left. Repeat to the left. Slide around in a circle, then into first position to repeat the play from the beginning.

NIXIE POLKA.



FORMATION:

Form circle, facing the center. One pupil, who is leader, stands in the center. All place hands on hips.

Measures 1-4. Spring and place the right foot forward, with the toe up; at the same time hop on the left foot and place the right foot backward. Heels upward.....count.....one.....two. Running change step forward.....count.....three.....four. Repeat same, left.....four counts. (On the last count clap hands once.)

Measures 5-8. The leader takes twelve short running steps to find a partner, while the other runs in place. The leader claps hands and jumps to the left; the partner places his hands on the shoulders of the leader; the two proceed to find a third partner by the time the eighth measure is finished. Repeat all.

THIRD GRADE GAMES AND SONGS.

THE SWING.

The musical notation for The Swing is presented in two systems. The first system contains measures 1 through 4, and the second system contains measures 5 through 8. The music is written for piano in 6/8 time with a key signature of one flat (B-flat). The melody is in the right hand, and the bass line is in the left hand. Measures 1-4 show a rhythmic pattern of eighth and sixteenth notes. Measures 5-8 continue the pattern, ending with a double bar line in measure 8.

How do you like to go up in a swing, Up in the air so blue?
Till I look down in the gar-den so green, Down on the roof so brown:

THE SWING—Continued.

5 6 7 8 FINE.

Oh, I do think it the pleas-ant - est thing Ev - er a child can do.
Up in the air I go fly - ing a - gain, Up in the air and down.

9 10 11 12

Up in the air, and o - ver the wall, Till I can see so wide,

13 14 15 16 D. C. al FINE.

Riv - ers and trees and cat - tle and all, O - ver the coun - try side.

FORMATION:

In groups of threes with hands joined, standing in a circle; two of the group represent the swing, and a third represents the child swinging.

Measures 1-8. Place the right foot forward, sway forward, raise heel; lift the left foot from the floor and swing the arms forward and upward. Sway back to the left foot and swing arms down and back. Repeat swaying forward and backward for seven measures. On the eighth measure the child who is swinging drops hands, runs under the raised arms of the two remaining in the group, goes to the next group, and swings there. Measures 9-16, same as above. Singing should accompany the music.

FOURTH GRADE GAMES.

1. **Hop and Pull.**—(Form two lines.) The first leaders step to the center and grasp each other's right hand; with their left hand grasp their left lower leg backward (knee bend). Both hop on the standing foot, and in doing so try to pull the other off of his feet. Two feet on the floor loses. The next two, etc.

2. **Poison or the Wrestling Ring.**—(Form two lines.) The first two of each line step forward. Form a circle by fours with joining hands. A light Indian club or a waste basket—in short, anything which easily falls over—is placed in the center of this ring. The pupils now endeavor to bring each other into contact with the object, called "Poison," by pulling and pushing, walking or hopping around it. Whoever upsets the object steps out and the others continue until only two are left. In case it takes too long, all are out when the object falls the first time. Players who drop hands are out. Do not allow wrestling away from object. Arrange so that all get a turn.

3. **Relay Race.**—Form a column of ranks by threes, etc. Select the first largest three and the smallest three in order to make a team, thereby giving equal chance to all teams. The first three large players of each team will stand one behind the other, directly back of the starting line. The three small players will stand behind each other within 75 yards of the taller three and in line with them. The first player of each team will hold an object in his right hand and at a given signal run to his opposite partner, hand the object to him, and he in turn runs back to the opposite side and gives it to the first runner. This is repeated four more times. The last man, or the sixth man, is the final runner. The team finishing first wins the race.

4. **Wand Wrestling.**—The Medart school wand, a hardwood stick or a broomstick one inch thick and a yard long is used. Two or more wands may be required according to the number of players or pupils, giving each one a turn in the time allowed for game. Form two single lines. Pupils are arranged according to height and weight. At a signal the leaders step forward standing face to face, pick up wand and both grasp the wand with two hands. Right hand under grip. The left hand upper grip. At a signal both begin to wrestle for the possession of the wand. The contest ends as soon as one hand lets go of the wand. If time be allowed, the winners can wrestle off for class championship.

5. **Dodge Ball.**—Ball game. Ten to 15 players. Basket or volley ball. The players are divided into two teams. The diameter of the circle is 30 feet. One group forms a circle, the other scatters about inside the circle. The outer circle players try to hit the center players with the ball. The center players may run, jump or dodge the ball in any manner as long as they stay inside the circle. As soon as a player is hit he steps outside and joins the circle players. A ball which hits two persons does not put the second person out. The player who stays in longest wins the game. The second game is played off with the center players outside, forming the circle, and the circle players scattered about inside the circle. Then take the two winners and place them in the center in order to find out the team winner.

6. **Vaulting Seats.**—The class stands in the aisles facing left or right. At a given signal the pupils bend knees slightly, take hold of the back of the seat with one hand, and with the other take hold of the desk and spring over seat. The landing should be upon the toes. About face and try it again. Repeat several times.

7. **Bird Fly.**—A player stands in the aisles. The teacher or leader stands in front of the class and says, "Birds fly," at the same time she raises her arms to shoulder level and immediately lets them sink. The class imitates her. She may next say, "Cows fly," at the same time raising and lowering her arms. Any in the class who do the same are

out of the game and must sit. When any named thing flies, all should raise and lower arms. If they fail to do this immediately, they must sit. The player staying up longest wins the game.

8. **Still Pond.**—One player is blindfolded and stands in the center of a ring formed by the other players. These move around on the circle until the player in the center counts twelve and calls, "Still pond. No more moving. I give you five steps." He may give any number of steps he wishes. The players take the allotted number of steps in any direction and stand still. The blindfolded player then tries to catch any one of them. As soon as he has done this he tries to guess who it is. If he succeeds, the player changes places with him.

9. **Tag Wall Relay.**—The class is seated in rows and each of the rows has the same number of pupils. At a given signal from the teacher the last player in each row runs forward and touches the front wall, returns to the front seat, sits down and raises his hand. As soon as the first runner tags the front wall the players in that row move back one seat, so that the first seat is left vacant for the runner. When the runner is seated, and has raised his hand, the player who is now last in the row runs forward, touches the wall and sits in front the seat as did the first player. This continues until all have run. If there are six aisles, the runners should always run down on the right side of desks. The pupils all should have their feet below the desks.

10. **Bears and Cattle.**—A goal is marked off at each end of the ground with a den at the center of one side. The players are divided into two teams which stand in the goals (cattle) while one player (the bear) stands in the den. The cattle run across and exchange goals, while the bear runs out and tries to tag as many as he can. All the cattle which are caught become bears. The cattle which are caught (now bears) join hands with the first bear, which is at the head of the line, and the first one of the cattle that becomes a bear is always at the other end. The last two named are the only bears which may tag. Should the line break the cattle may drive the bears back to their den. The last bear caught is the bear in the next game.

11. **Bull in the Ring.**—(Sixteen or more players.) All join hands and form a circle. One of the players stands in the center of the ring, who is the bull. The bull tries to break through the ring by parting the hands of any two players. If he does, the players whose hands he parted immediately give chase to him, and the one catching him becomes the next bull.

12. **Flag Race.**—Players seated at desks. There should be the same number of pupils in each row. A player stands at the head of the row and holds a flag and another stands at the rear of each row. At a given signal the rear player of each row rises, runs to the front, takes the flag from the one holding same and carries it to one standing at the rear and takes his seat. As soon as he is seated the next player goes and takes the flag back to the player in front. This continues till all have run. Be sure of fair play.

FOURTH GRADE GAMES AND SONGS.

CAPTAIN JINKS.

A

B

C

FINE.

D

E

D. C. al FINE.

- a. I'm Captain Jinks of the Horse Marines,
I feed my horses good corn and beans.
- b. I swing the ladies in their teens—
For that's the style in the army.
- c. I teach the ladies how to dance,
How to dance, how to dance;
I teach the ladies how to dance—
For that's the style in the army.

- d. Salute your partner, turn to the right,
And swing your neighbor with all your might;
Then promenade on the lady's right—
For that's the style in the army.

FORMATION:

Form large circle, girls in front of boys, facing forward.

- a. All march forward.....4 measures
b. Swing partners (join both hands with partner and dance
around in circle with skipping steps).....4 measures
c. Partners join inside hands and skip forward around
circle in line of direction.....8 measures
d. Face partners and salute with righthand 1 measure
Make quick military turn 1-8 right..... 1 measure
Swing your neighbor once around.....12 measures
Boy slips in back of the girl he has just swung and
walks along with her.....4 measures
Repeat.

FRENCH REEL.



FORMATION:

Sets of fours, partners standing side by side.

1. Turning toward partner, with a large circle of right arm, slap partner's right (1), hold (2). Shake hands twice (3, 4). Same with left (5-8). Same with opposite girl (9-16).

2. Turning again to partner, partners clap right hands (1), own hands (2), left hands (3), own (4), both hands of partner's (5), own (6), own three times (7-8), step right and swing left foot across (9), step left and swing right across (10), continue alternately (11-16).

3. Join hands in circle of fours, walk clock-wise eight steps (1-8), other way (9-16).

4. Grand right and left in circle of four (1-16).

5. Head and foot couples each clasp hands. Head couple holds hands high, and couples march under, head couple also marching (1-8), turn and go back, foot couple raising hands (9-16). Repeat step-hop described in exercise 2. End with curtsy (1-8).

YANKEE DOODLE POLKA.

The musical score for "Yankee Doodle Polka" consists of 16 measures, arranged in three rows of five measures each. The first row contains measures 1 through 5, the second row contains measures 6 through 11, and the third row contains measures 12 through 16. Each measure is numbered above the staff. The music is written for piano, with a treble and bass staff. The key signature has one sharp (F#), and the time signature is 2/4. The melody is primarily in the treble staff, while the bass staff provides harmonic support with chords and single notes. The piece concludes with a double bar line at the end of measure 16.

FORMATION:

Double circle by twos. Boys on the inside of circle. Partners join inside hands, shoulder height, boys place outside hands on hips while girls take hold of skirts. Boys part described; girls counter part.

Measures 1-4. Heel and toe polka, starting with the outside foot. Place left foot forward, toe raised and hop on the right; place left foot back, toe touching, and hop on the right. Polka step forward with

the left. The children should be able to do the finished polka step as follows: Hop on the right foot and place the left foot forward, transferring weight, that is, bring right up to the left, repeat heel and toe polka with the right. As the heel is placed forward the body is bent forward; as the toe is placed back the head is turned toward the opposite shoulder.

Measures 5-6. Four skip-steps forward.....left, right, left, right
.....bobbing the head from side to side as the steps are taken.

Measures 7-8. Partners face. Boys step to the side with the left foot, bring the right foot up to the left and bow. Girls step to the side with right foot, place the left foot back of the right with toe touching, bend the knee and bob heads forward (pleasant curtsy) while the boy makes one slow bow.

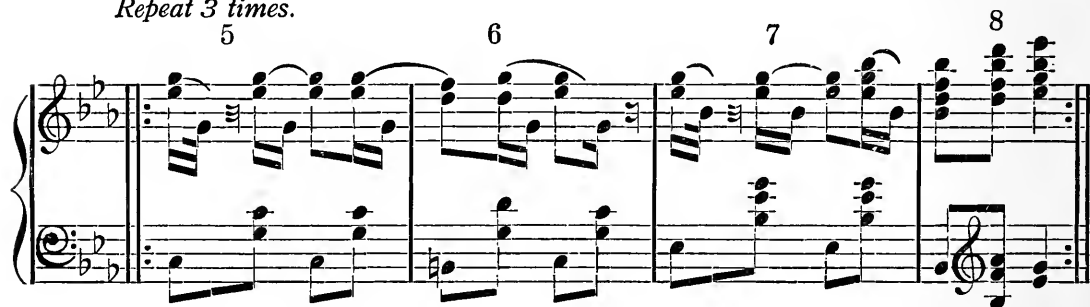
Measures 9-16. Repeat entire play.

THE VINEYARD.

PANTOMIME.



Repeat 3 times.



THE VINEYARD—Continued.



Measures 9-16. All join hands. A leader appointed at the beginning of the play breaks circle and leads the line in serpentine fashion from the field. This last represents the vine at the end of the harvest.

FIFTH GRADE GAMES.

1. **Dodge Ball.**—Players in two equal groups. One group forms a circle, other group within. Outside group has a volley or indoor baseball with which they try to hit the players within. As soon as one is hit he must join the circle and help hit the others. When all have been tagged in this way groups change places and repeat. The two players who were last to be hit in the two games are captains to choose up for next time. Another kind of ball may be used and it may be rolled instead of thrown if desired. A basket ball is good.

2. **Over and Under Relay.**—The players stand in two or more files, the files containing an equal number of players. The game is a passing relay, the files competing against each other. The leader of each file has two balls, bean bags or blackboard erasers. At a signal a ball (or whatever is used) is passed back over the heads of the players until it reaches the last one in the line, who keeps it. The leader counts ten after the ball leaves his hands and at once passes back the second ball between his feet, the players bending over to pass it along. When this reaches the last player he runs forward with a ball in each hand and takes his place at the head of the line, which moves back one place to give him room. At once he passes one ball backward over head, counts ten and passes the other between his feet. This continues until the original leader, who has gradually been backing to the rear of the line, reaches the front again, carrying both balls. The line wins whose leader first accomplishes this.

3. **Arch Goal Ball (Relay).**—Two baskets are placed on the floor or on hooks at any convenient height. A throwing line is drawn fifteen feet from each basket. Players in two teams line up behind the two throwing lines, facing the basket. Each rear player has a basket ball. A small rubber ball or bean bag may be used. Set a length of time for play, three to five minutes. On signal the ball is passed forward with both hands over the heads of the players until it reaches the front, when the front player throws for goal. Whether he makes a score or not the thrower gets the ball, runs to the rear of his line, and the play is repeated. The side having the greater score when time is called wins.

4. **Center Catch Ball.**—The players form a circle with an odd player in the center. He tries to catch the ball, which is tossed rapidly from one circle player to another. Should he be successful, then he changes places with the one who last tossed the ball.

5. **Garden Scamp.**—Form a circle. All join hands. Within the garden is the scamp. Another odd player is on the outside of the ring. The gardener calls to the scamp, "Who let you in my garden?" The scamp says, "No one," and starts to run away, the gardener chasing him. The gardener must take the same path followed by the scamp—in and out under the arms of the players—and go through all the movements performed by the scamp. If the scamp is caught, then the next pair steps forward for play, etc.

6. **Catch Fish.**—The ground or floor is spaced off with a goal at either end—one for the fish, the other for the net. The players are evenly divided into two groups. At a signal the players exchange goals. The players who form the net join hands and try to encircle as many fish as possible. The fish are not caught until the net is closed (the end players joining hands). All players who are caught must assist that side. The groups go back to their goals and continue the game, each becoming alternately a net and then a fish, until one side has caught all the players.

7. **Bean-Bag Pass.**—The players are divided into two teams. Each team is divided into two lines which stand facing each other. In each team the players are given odd numbers in one line and even numbers in the other line. Number one in each team has a bean bag, which is placed on the floor in front of him. At a signal number one picks up the bag and throws it across to number two of his team. Number two throws it to number three and so on down the line in zig-zag fashion. When the bag reaches the end of the line it is immediately passed back again in reverse manner until number one again has it. As soon as number one receives it he holds it over his head in order that the teacher may know which team first has the bag returned. The team which gets the bag back to number one first scores one point. The number of points necessary to win the game may be decided upon before starting to play. Two bags may be used instead of one. As soon as number one passes it down the line the players at the end of the line must have received both bags before any may be started back to number one. Balls may be used.

8. **Prison Base.**—Two bases of considerable size should be marked out and two prisons. Two teams of equal numbers occupy the bases. The object of the game is to make prisoners of the opponents. The special rule of play is that any player can tag and thus capture any player of the opposing side who left his base earlier. That is, the player who has been away from his base the longest can be tagged by any opponent who has not been away so long. The only way to escape being tagged is to run so fast that no opponent can catch you, or to go back to your base. When one is tagged the tagger can take his prisoner to prison without being captured. If a player of the same side can tag a prisoner before being tagged by the opponents he may take him home without being captured.

9. **Dumb-Bell Tag.**—The players are scattered about over the ground with one player who is "it" in the center. The players pass a dumb-bell from one to the other while the one who is "it" tries to tag the player who has the bell. Should he succeed in doing this, the one tagged becomes "it." The players may move about freely and may make the

game most interesting by appearing to pass the dumb-bell in one direction and suddenly handing it in some other. In schoolroom the pupils may either stand or remain seated.

10. **Baste the Bear.**—Two players are chosen. One is to be the bear who sits on a stool in the center; the second is to be the keeper who must guard the bear. The remaining players form a circle about the bear and keeper. The keeper must either keep hold of the bear's hand or stay within a small circle drawn about the bear. The players try to attack (baste) the bear without being tagged. They may do this only when the keeper calls "My bear is free." If they tag the bear when this is not called the player becomes the bear, the bear becomes the keeper and the keeper returns to the circle. If the bear or keeper should tag a player the exchange described above is also made. The keeper tries to protect the bear by dodging about and keeping the players away.

FOLK DANCES.

Besides having hygienic and recreative value, folk dances cultivate gracefulness, muscular control and a keen sense of rhythm. They do not appeal to boys and it is doubtful whether any greater amount of time spent on them by boys is worth while, as the same results for the most part may be secured through other forms of activity. They are optional and may be omitted entirely if it is thought best by local authorities.

To Teachers.

1. In teaching a folk dance keep in mind the three purposes of the dance: Gracefulness, control and rhythm.

2. The steps may be taught in the aisles of the classroom, the teacher or pupils counting "one and two and," etc. Whenever possible, however, use platforms, halls or assembly rooms. If the teaching of folk dances is impracticable, substitute games.

3. Many of the dances listed have Victrola records which may take the place of a piano.

TANTOLI.

(Swedish)



FORMATION:

A double circle, partners facing forward with inside hands joined. Boys place their hands on their hips while the girls take hold of their skirts.

Measure 1. Place outside heel forward, with toe up, allowing the body to incline backward. Place the toe of the outside foot backward and incline the body forward.

Measure 2. Starting with the outside foot, take three short running steps forward. If desired, the finished polka step may be used, instead of the running steps forward.

Measures 3-4. Repeat the above movements, starting with the inside foot.

Measures 1-4. Repeat the entire movements, starting with the outside foot.

Measures 5-8. Partners join hands and take sixteen hop waltz steps around the circle. Step on the right foot, sway body to the right and hop; step on the left, sway body and hop (one measure). The arms are pumped up and down as this step is taken.

THE OX DANCE.

The musical score for 'THE OX DANCE' is presented in two systems. The first system contains measures 1 through 8, with measures 1-4 and 5-8. The second system contains measures 1 through 7, with measures 1-2 and 3-7. The music is written for piano in 2/4 time, key of D major. The notation includes treble and bass staves with various note values, rests, and dynamic markings. Measure numbers are placed above the staves to indicate the sequence of the dance steps.

THE OX DANCE—Continued.



OX DANCE, PART I.

Form columns of ranks by eights, then form by twos (number 1 and number 2) facing each other.

- A. No. 1 bows and returns.....counts.....one.....two
 No. 2 bends knees to obtuse
 angle and returns.....counts.....three.....four
 No. 1 repeats the bow and returns.....five.....six
 No. 2 bends knees and returns.....seven.....eight
 Repeat all.....nine.....to.....sixteen counts
- B. No. 1 bends knees and returns.....counts.....one
 No. 2 bows and returns.....counts.....two
 No. 1 bends knees and returns.....three
 No. 2 bows and returns.....four
 Repeat all.....five.....to.....16 counts
- C. Extend arms sidewise and hop on right foot, and ex-
 tend left leg sidewise.....count.....one.....to.....four
 Same opposite side.....count.....five.....to.....eight
 Repeat all.....eight counts

OX DANCE, PART II.

- A. No. 1. Clap hands and extend left foot forward
 with hopping right foot.....one.....four counts
 Rest with close step.....four counts
 No. 2. Same, right.....four counts
 Rest with close step.....four counts
 Repeat all.....16 counts
- B. Clap hands and extend left foot forward with hopping.....one
 Rest and close step.....two
 Repeat all from three to 16 counts.

- C. Face partners and place hands upon front neighbor's shoulders.
 Gallop hop left sidwise.....one.....to.....four
 Jump in place.....one.....to.....four
 Gallop hop back.....one.....to.....four
 Jump up in place.....one.....to.....four
 Repeat all.
 Repeat all Part I.

POP GOES THE WEASEL.

1 2 3 4

5 6 7 8

9 10 11 12

13 14 15 16

FORMATION:

Double circle. Partners facing, inside hands joined. Outside hands on hips. Boys on the inside of the circle. Boys part is described; girls, counterpart.

PART I.

- Measures 1-2. Step to the left in line of direction and make a pleasant curtsy, bending the body to the left. Repeat to the right.
- Measures 3-4. Four slides to the side, around the circle, starting with the left foot (in line of direction).
- Measures 5-6. Face forward take four steps forward, starting with the right (inside) foot, and face partner at the end.
- Measures 7-8. Girl steps to the side on left (inside) foot and turns under boy's hand. Boy does not release grasp.
- Measures 1-8. Repeat from the beginning.

PART II.

- Measures 9-16. Join hands; arms raised to shoulder level. Two-step to the end of the strain thus: Boy goes backward and girl goes forward; slide backward on the left foot, bring the right up to it and slide on the left; repeat, sliding on the right. This should be practised forward in circle formation about the room or space then practised backward. Later put couples together. Repeat and play from beginning.

ACE OF DIAMONDS.

The musical score for "ACE OF DIAMONDS" is written in 2/4 time and consists of three systems of piano accompaniment. Each system is divided into four measures, numbered 1 through 8. The key signature has one flat (B-flat). The first system (measures 1-4) is marked with a '1' above the first measure. The second system (measures 5-8) is marked with a '2' above the first measure. The third system (measures 9-12) is marked with a 'B' above the first measure. The notation includes various chords and melodic lines for both the right and left hands.

ACE OF DIAMONDS—Continued.

The musical score is written for piano in G major (one flat) and 2/4 time. It consists of three systems of music, each containing four measures. The first system is labeled with measure numbers 5, 6, 7, and 8 above the staves. The second system is labeled with a 'C' time signature and measure numbers 1, 2, 3, and 4 above the staves. The third system is labeled with measure numbers 5, 6, 7, and 8 above the staves. The music features a mix of chords and moving lines in both the treble and bass staves.

The music of this dance consists of three strains of eight measures each. In fitting the steps to the music each measure should be counted thus: "one and two and," etc.

PART A.

The dancers form a double circle. Partners face each other, number one of each couple facing the center of the circle, number two facing outward.

Measures 1-4. All clap their own hands together once smartly (one). Immediately hook right elbows and, starting with the left foot, run around to the left, swinging partner in place and making two running hop steps to each measure.

Measures 5-8. Without pausing, clap hands again (one). Hook left elbows and swing partners around the opposite way. Finish in position, facing each other with arms folded.

PART B.

Measure 1. Number one steps diagonally forward on the right foot and leans head and shoulders to the right (one and). Hop on the right foot (two and).

Measure 2. Number one steps diagonally forward with left foot, leaning head and shoulders to left (one and). Hop on left foot (two and).

Measures 3-4. Number one continues the same step, moving backward toward center of circle.

Measures 5-8. Repeat same steps, but number one going backward and number two going forward, both moving out from the center of the circle.

PART C.

Measures 1-8. Partners turn so as to stand side by side, both facing in the same direction with inside hands joined and outside hands on hip, and polka around the circle as described in Part B of the Shoemaker's Dance.

SIXTH GRADE GAMES.

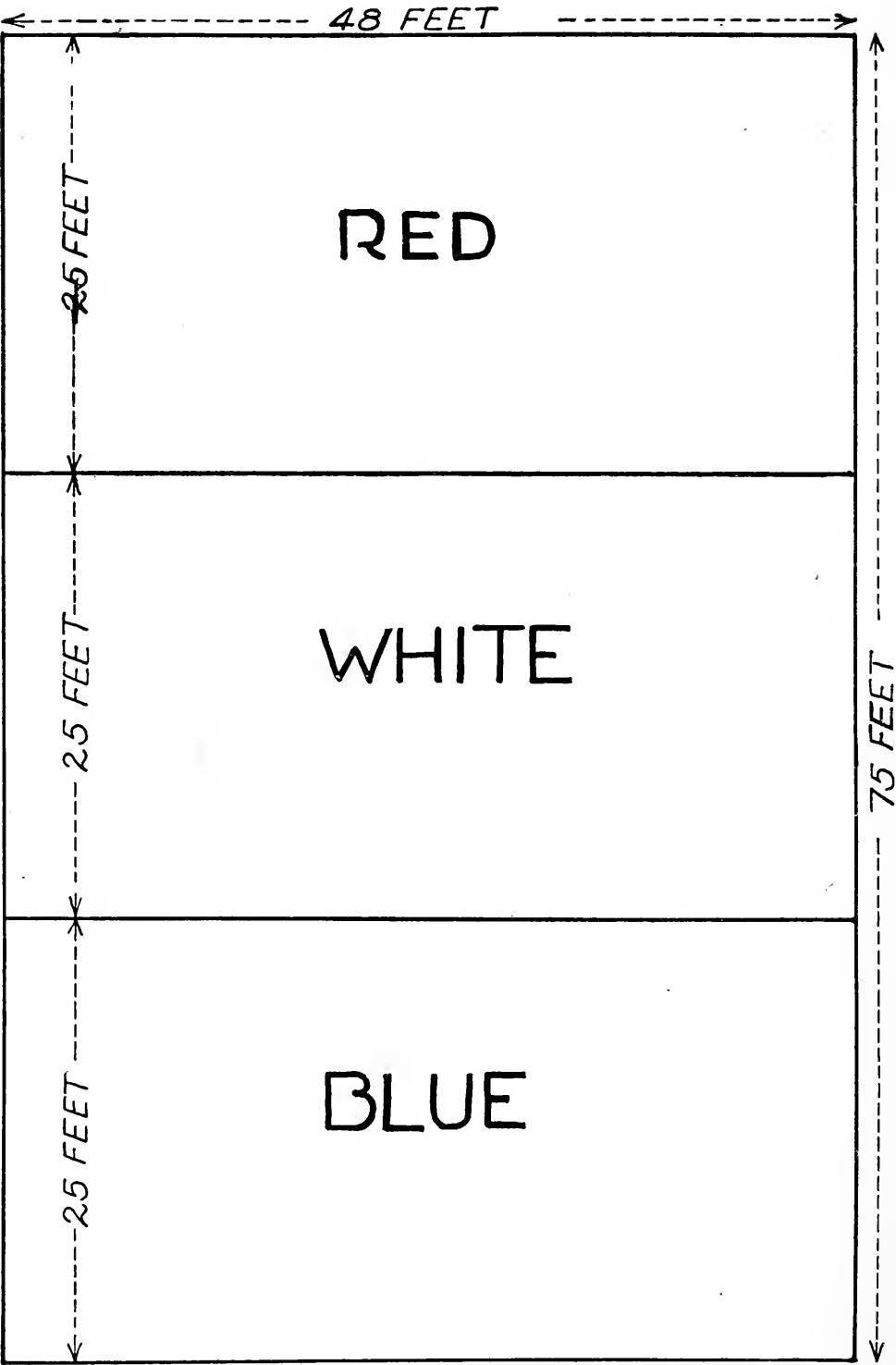
1. **Round Ball.**—The players form a circle and are numbered in twos. The first number one is captain for the ones and the first number two is captain for the twos. Each captain has a ball. The game consists in throwing the ball around the circle. The ball started by Captain Number One goes only to the players of that number and the ball started by Captain Number Two, to the players who bear his number. The group wins whose ball first completes the circle five times.

2. **Pursuit Relay Race.**—Form a double line of 10 ranks. The leader of each single file steps forward to starting place. Both leaders face in opposite directions. On a given signal they are off, once around the required space. At the finish the next player takes his place and is off the instant his partner's hand is touched. Continue until the last player of either line completes the relay; the line wins whose last player comes in first.

3. **Jump the Shot.**—A bean bag or other soft article is tied to the end of a ten-foot rope. The players stand in a circle, with one in the center holding the rope. The center player swings the rope around to describe a large circle on the floor, with a sufficient length of rope to place the bag in line with the feet of those within the circle. The circle players jump to avoid being caught around the ankle by the rope. Anyone caught in this way must retire from the circle, the player winning who longest retains his place.

4. **Old Woman from the Wood.**—Two even parties face each other. One party advances, remarking, "Here comes an old woman from the wood." The second answers, "What canst thee do?" "Do anything." "Work away." Whereupon all the players in the first party proceed to imitate some occupation in which an old woman might engage. The opposite party tries to guess the occupation. If correct, they perform the same way. If wrong, the first party repeats.

5. Red, White and Blue:



RED.....	First Division
WHITE.....	Second Division
BLUE.....	Third Division

Game is played as follows (basket ball or volley ball may be used):

Rules and Regulations.

1. A certain number of players step into **Red** space or the Northern District.

2. The same number of players step into the **White** space or the Central District.

3. The same number of players step into the **Blue** space or the Southern District.

4. There are three 10-minute periods of play.

5. There is one 10-minute period for each color to remain in the center space to be bombarded. The center players must not allow themselves to be touched by the basket ball.

6. If a center player is touched or hit by the ball, then the opponent who threw the ball is credited with a point.

7. If two or more center players are touched by the ball on the same play, then the opponent is also credited with the extra point or points.

8. The center players are not allowed to touch the ball during center period.

9. No player is allowed to overstep his boundary line. If so, the scorer is allowed to take off a point.

10. The outside opponents are allowed to grab or touch the ball in order to throw the ball at the center player but are not allowed to overstep boundaries.

11. The scorer must keep strict tally as follows: For every five points, cross a line through (1111) the four points with the fifth in order to keep a quick and accurate score sheet.

12. The timer should blow the whistle every ten minutes for each period.

13. The timer should allow three minutes for changing sides.

14. At the end of 30 minutes the color which has the most points wins the game.

15. The scorer should avoid all unpleasant remarks or plays thorough strict scoring.

Remarks: Spalding regulation basket ball. The play space should be marked off in the same manner as tennis courts. White lime lines. The field should be prepared a day ahead of time.

6. **Bombardment** (Basket or Volley Ball).—The space is divided into two equal parts by a line drawn across the center of the field, and twenty-five feet from it on either side are assembled equal numbers of players, in line, and immediately back of them are placed Indian clubs, which should not be nearer together than four feet. If necessary, two rows of clubs may be set up, with each club in one row opposite a space in the next row. The players scatter promiscuously about their own territory in front of their clubs and behind the center dividing line. Whichever side has the ball starts the play, and if an opponent's ball passes between the clubs to the rear of the division's rear-line, score one point for opponent; continue bombardment. If an opponent's ball hits a club, score three points for opponent. If you accidentally knock down one of your own clubs, score opponent five points. The game is played in 10, 15 or 20-minute halves. The side wins which has the

largest number of points at the end of the last half. Always set up the club after the points are scored.

7. **Toss Up, Heads or Tails.**—Form two lines of twenty or more pupils each. Draw a line through the center of the play space. The two lines of players face each other and toe the center line. One line is heads and the other tails (“heads” and “tails” of coin.) If the referee tosses heads, the line representing heads runs to its home line, which is thirty feet from the center line. Tails give chase and endeavor to catch the pursued; those caught, if any, become players of the line of tails. (Reverse order if tails are tossed.) At the end of ten minutes, the side which has the most players wins.

8. **Line Ball.**—A line is drawn across the front of the room about a foot from the blackboard. A leader is chosen from each row of seats, who stands toeing the line and facing his row. There should be an even number of pupils in each row of seats. At a given signal each leader tosses a soft ball to the first pupil of his respective row, who rises and catches it and tosses it back to his leader. The next pupil rises and catches the ball and returns it. The play is continued until the last player in the row who catches the ball runs up to the leader and places it in his hands. The row whose last player places the ball in his leader’s hands first wins.

9. **Jumping Relay.**—A starting line is marked. Opposite (about six feet) another line is drawn parallel to the first line. Form ranks of eights. Open ranks with raising arms sidewise and take distance, arm’s length. The leaders number one toe to the line and upon the signal, “Start jumping,” number one jumps, about faces and jumps back to starting line where number two tags number one’s hand and immediately jumps over and back, number three takes it up and all numbers take it up in order until the last one comes over. The side whose last player comes over first wins.

10. **Three Deep.**—The players form a double circle facing the center with the couples not nearer than eight feet from one another. Two players are chosen; one to be the runner, the second to be the chaser. The chaser tries to tag the runner. The runner is not safe unless he stands in front of one of the couples. In this case the third one (or last one) in the group of three then becomes the runner, as there should not be “three deep” in a line. Should the chaser tag the runner the runner then becomes the chaser and tries to tag the player who was first chasing. The players should not play in co-operation with any one individual player, if so, he should be eliminated.

TARANTELLA.

A

1 2 3 4

5 6 7 8

9 10 11 12

13 14 15 16

B

1 2 3 4

TARANTELLA—Continued.

5 6 7 8

5 6 7 8

C 1 2 3 4

C 1 2 3 4

5 6 7 8

5 6 7 8

9 10 11 12

9 10 11 12

13 14 15 16

13 14 15 16

PART A.

Measure 1:

Face partners, arms sidewise, with elbows bent. Snap fingers to keep rhythm.

A 1. Hop on left foot with side toe-step left.

B 2. Hop on left foot with front toe-step left.

Measure 2: Repeat A 1 and B 2.

Measures 3 and 4: Repeat, opposite.

Measures 5 and 6: Four slide, left and right, to opposite partner.

Measures 7 and 8: Return back to original place.

Measures 9 to 16: Repeat, all left and right.

PART B.

Measure 1:

Hop on left foot and slide right foot forward.

Hop on right foot and slide left foot forward.

Measures 2 to 4: Repeat three times and change to partner's place.

Measures 5 to 8: Return to own place.

Repeat all (measure one through eight).

PART C.

Leap right forward, step left forward, step backward right and balance step with left leg forward, left knee slightly bent. Instep tense—(Measure 1.)

Repeat all, opposite side—(Measures 2-3-4).

Facing 1-4 turn left. Partners join hands and hop eight times on right foot. Left leg extended backward (Measures 5-8).

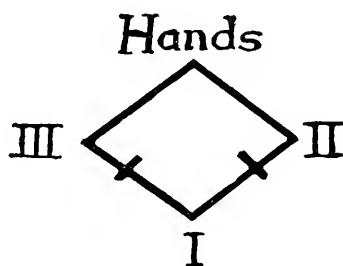
Repeat all (Measures 9 through 16).

In sets of fours. Face diagonally across. Dance whole dance as before except in last step. Starting right at Part C cross right hand over the center forming a wheel and hop eight times around the circle.

MOUNTAIN MARCH.

The musical score for "Mountain March" is presented in three systems. The first system contains measures 1 through 5, labeled 'A'. The second system contains measures 6 through 8, labeled 'B'. The third system continues the sequence with measures 3 through 8. The music is written for piano in 3/4 time with a key signature of one sharp (F#). The notation includes various note values and rests for both treble and bass clefs.

In each group of three, all hands joined. Number one stands in front, numbers two and three stand on either side of number one, with hands joined.



PART A.

Measures 1 to 8:

Start and stamp with right foot; three running steps obliquely forward.

The execution of the three running steps as follows:

Stamp step right obliquely forward.....one

Step left.....two

Leap step right.....three

Repeat same, left.....three counts

Repeat all until the first sixteen measures are finished.

PART B.

Number one runs backward three steps and ducks under numbers two's and three's arms.....one, two, three. Number one runs in place.....four, five six. (During the first two measures numbers two and three run in place.)

Number two runs under number three's and number one's arms and turns left, but keeps hands joined.....one, two, three. During these two measures numbers one and three run in place. (Two measures.)

Number three, with six short running steps, turns inward once around to the left under her own left arm. Number one runs six small steps under her own arms. This should bring them all back to their original places. Repeat all several times.

THE BROWNIES.



THE BROWNIES—Continued.



Class forms twos around the room; face partners.

Boys part (or girl on left) step to side with left foot, arms extended sidewise.....one.

Peasant curtsy by placing the right toe behind, knees slightly bent, left forefinger at the chin, the back of the hand under the left elbow. (Measure 1.)

Repeat same, right.....1 measure

Join partner's hand and polka left and right.....2 measures

Four slides.....2 measures

Face in line of direction, with inside hands joined.

Walk two steps forward.....1 measure

Polka forward.....1 measure

Repeat from beginning. Counterpart for girl.

SAILOR'S HORNPIPE.



SAILOR'S HORNPIPE—Continued.



- Ex. 1. Form ranks of fours or eights. Open ranks with raising arms sidewise. Take your distance. Fold arms shoulder height. Square within the arms. Change step left and right with swaying body right and left.....16 counts
- Ex. 2. Spring on right foot front with cross toe step left in rear of right, knee slightly bent, and extend right arm and hand, left hand on hipcount one, two. Same, left.....three, four. Change step, left and right.... five to eight. Repeat, alternate change steps backwardnine.....to.....16 counts
- Ex. 3. Rope pulling: Look up and raise right hand forward upward, as if grasping a rope, and then pull down.....one. Same, left.....two. Continue for eight counts, at the same time raise alternately left and right knees to right angle with a whole turn left and right, with a 1-4 turn to each movement.....8 counts
- Ex. 4. Rowing: Stride left forward and cradle rock forward and backward. Raise upon toes and lower. In rocking forward bend trunk forward and reach with arms, in the return pull arms backward.....nine.....to.....16 counts.
Repeat with rocking steps.
Repeat all.

SEVENTH GRADE GAMES.

1. **Indian Club Guard.**—Form a circle and join hands. Arms extended and step backward about four steps (16 players). Place three Indian clubs in the center of ring about 12 inches apart, in triangular form. One player is chosen to be guard and stands in the center. A basket ball is passed swiftly around and across the circle while the guard tries to keep between the clubs and the ball. The object is to knock down the clubs with a swift unexpected throw. When the clubs are all knocked down another player is chosen. The time for each guard to stay in the center may be limited to two minutes.

2. **Long Ball.**—Mark out three bases—home, pitcher's base and long base—each a yard square or three gymnasium mats. The pitcher's base should be about 32 feet from home plate. The long base, 42 feet from home plate, diagonally. Use an indoor ball. Choose two teams, ten players to a side. Have one team at the bat according to numbers. The other team is on the outfield. Each player remains at bat until he hits the ball and then runs to long base, no matter where the hit ball goes. There are no foul balls in the game. The pitcher must toss the ball to the batter. If a hit ball is caught before the ball hits the ground the batter is out. If the fielder misses the fly ball, he can get it and try to hit the batter with it before he can reach long base or while running back to home plate from long base. Players reaching long base may remain there until they have a chance to score for home plate. Three outs, change sides; continue until required innings are played. The team scoring the highest number of points wins.

3. **Cross Tag.**—If the class is large, divide it into two or more groups, having each group play by itself. One child in each group is "it." He runs, trying to tag someone; a third child or pupil runs between the first runner and the chaser. The chaser then runs after this third party, changing his object each time a child runs between him and the runner. When tagged, the child raises his hand so that everyone will know he is "it," and the game continues.

4. **Posture Tag.**—Have two or more files of equal numbers; leaders of each step up with file to starting line and then face to rear of room. Place a bean bag on the head of each leader, and at a given signal each runs thru aisle to rear of room and back to starting line, where next player is prepared to take bean bag, place it on his head and repeat operation. Continue in this manner until the side whose last player finishes first wins. If a player drops the bean bag, he must pick it up and continue the game.

5. **Center Base.**—All the players are seated, except one, who, standing by a desk in the center of the room (the desk should be marked on top with chalk to distinguish it), tosses the bean bag to some other player. That player must catch the bean bag, put it on the center desk and quickly chase the one who threw it. The thrower tries to get back to the center base and touch the bean bag without being tagged. If he succeeds in this, he goes to his seat and the game is repeated with the other player throwing the bean bag. If he is tagged before touching the bean bag, he throws again, and the chaser returns to his desk. See that those sitting keep their feet out of the aisles.

6. **Snow Fort Bombardment.**—Divide into two teams. Each team builds a fort out of snow. (The forts should be placed at a convenient throwing distance apart.) After the forts are built time should be given for the storing of a considerable amount of snowball ammunition. Fire is opened upon a mutually agreed signal. Those hit are prisoners of the others and must make more ammunition for that side. A time limit may be set and the team having the greater number of prisoners at the end of the time wins. The captain of each team must be honest and see that his players who are hit give themselves up to the opposite side. No player is allowed to hit the captain. The captain is not allowed to take part but is only allowed to command and direct.

7. **Zigzag Relay.**—Form ranks of six or eight, open ranks with arms sidewise. Number your files from one to eight. Draw a starting line in front of your files. Place three Indian clubs, about two feet

apart, at the end of the fifteen or twenty-yard line in front of each leader, who, having toed the starting line, at a given signal runs directly to his set of clubs, zigzags between them, without knocking them down, and returns back to his team. The second player should be waiting for his "touch off," with his toes back of the starting line and with his hand extended. The second player repeats the run, and the game is continued in this manner until the side whose last player finishes first wins. A player is disqualified for either starting over line before the "touch off" or for failing to replace clubs after knocking them down.

8. **Tug of War** (Eight or more players to a side).—Equipment—A strong rope about 30 feet long. Stretch the rope full length and divide the distance. Mark a distinct line at the center of rope on the floor or ground. Divide the players into two teams, having the same number to each team on either side of the dividing line. At the command, "Pull," both teams put all their energy to the task and try to pull their opponents over the center line. The team wins which succeeds in pulling all the players of the opposing side over the center line.

9. **Switching**.—Place eight wands in parallel position upon the floor, about one foot apart, and put Indian clubs and dumb-bells in spaces as follows:

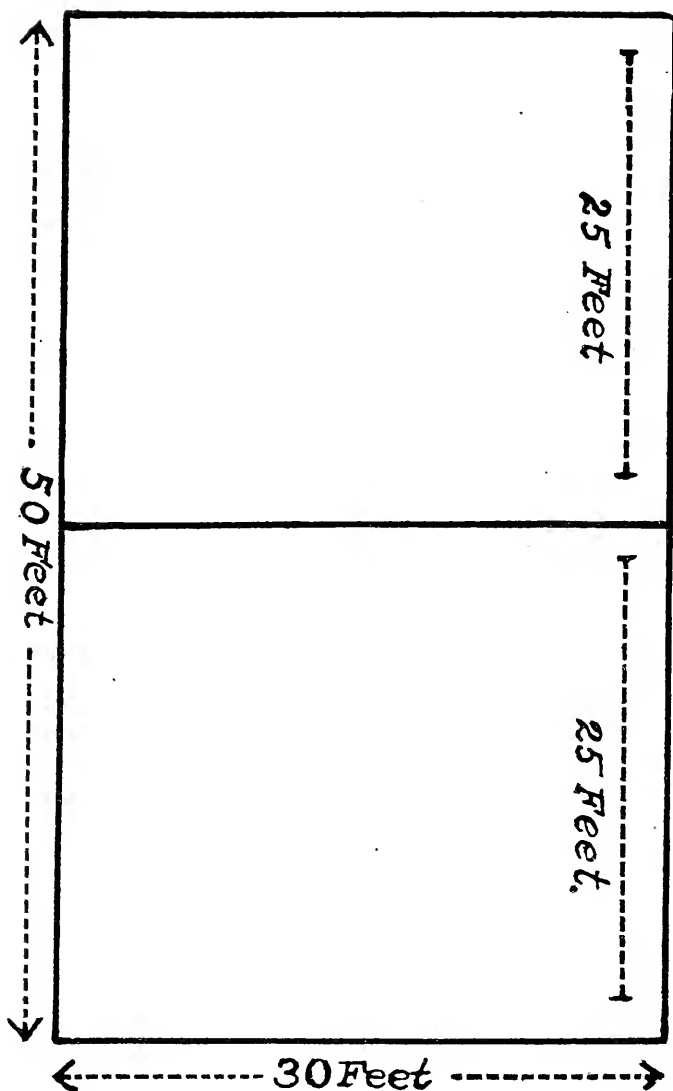


Place three Indian clubs in three spaces from left and three dumb-bells in three spaces from the right. The game consists in placing the clubs and the dumb-bells in such a manner that the positions are reversed—clubs right and dumb-bells left of the center. The pieces can be moved to the opposite side only, not more than two spaces to be crossed at a time. The transposition may be accomplished in fifteen moves, as shown in the following table of successive moves:

C stands for clubs; D for dumb-bells.

1.....	C	C	C	...	D	D	D
2.....	C	C	...	C	D	D	D
3.....	C	C	D	C	...	D	D
4.....	C	C	D	C	D	...	D
5.....	C	C	D	...	D	C	D
6.....	C	...	D	C	D	C	D
7.....	...	C	D	C	D	C	D
8.....	D	C	...	C	D	C	D
9.....	D	C	D	C	...	C	D
10.....	D	C	D	C	D	C	...
11.....	D	C	D	C	D	...	C
12.....	D	C	D	...	D	C	C
13.....	D	...	D	C	D	C	C
14.....	D	D	...	C	D	C	C
15.....	D	D	D	C	...	C	C
16.....	D	D	D	...	C	C	C

Volley Ball.



10. **Remarks.**—Secure a tennis net about two feet wide and a volley ball. The court field is thirty feet wide and fifty feet long. This is divided into halves by a net which is stretched between two posts, six feet six inches above the ground. The posts should be placed a foot outside the boundary line of the court. The players are divided into two teams. The members of each team are numbered and scattered evenly over their division. The object is to keep the ball in motion over the net by lightly batting it back and forth with the hand. The ball must not touch the ground nor go outside of the boundary line. The team sending the ball over the net so that it lands on the ground on the opponent's side scores a point.

Start and Rules.—Number one of the serving team stands with foot on rear line, tosses the ball up with the left hand and bats it with the palm

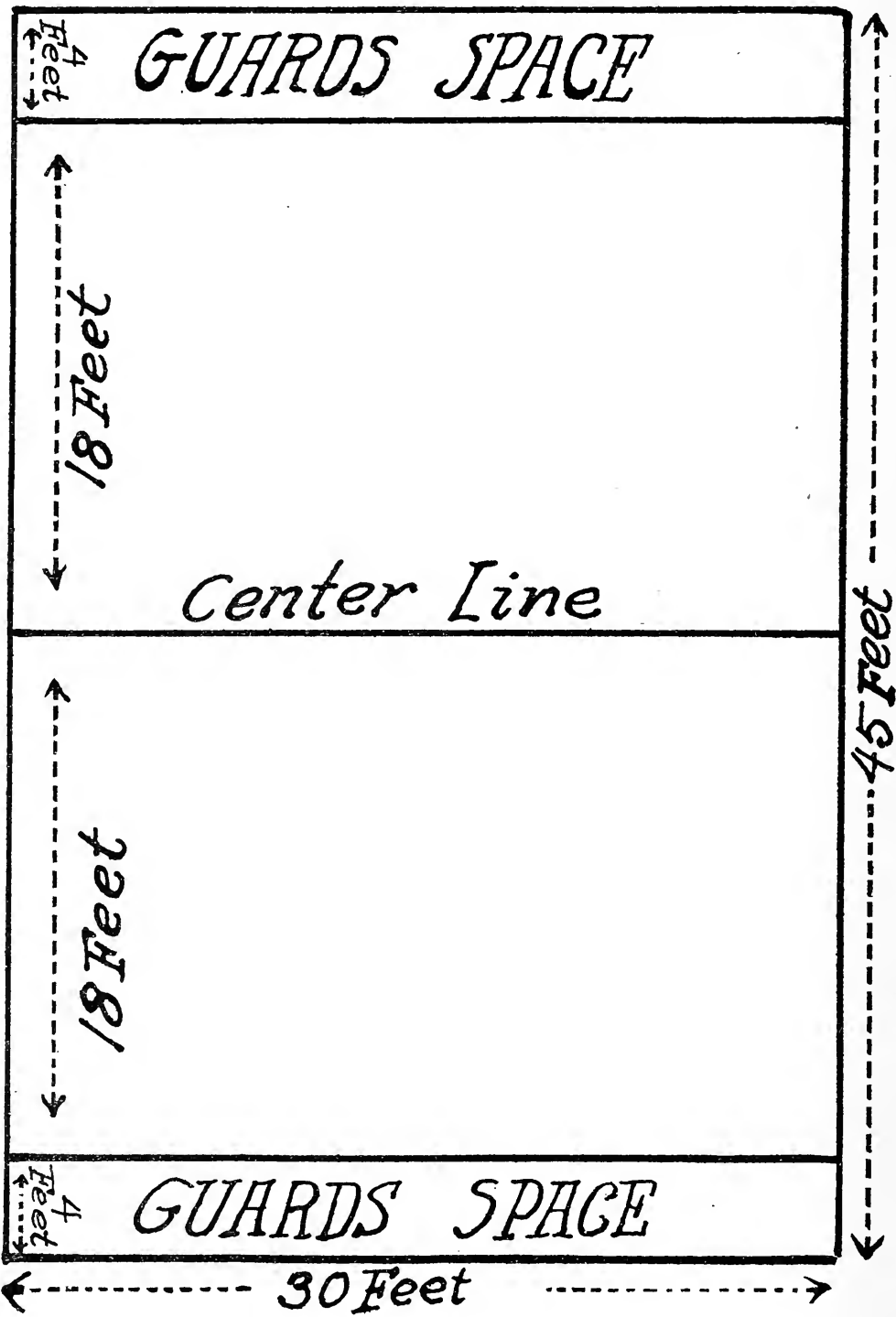
of the right hand across the net. The server has two trials to send the volley ball across the net. If he or she should fail to do this on the first trial, or if the members of the team know his serve and wish to assist him at the beginning, the server bats the ball as before at least ten feet and then the ball is assisted on its way by other members of the team. Should the assisting player fail to put the ball over the net, the server does not get a second trial even though he has had but one. Number one continues serving until his side fails to return the ball or until he has made two faults in succession. The faults may be (1) the ball hits a player on the server's side; (2) the ball hits the net; (3) the ball sent outside of the boundary line. The ball must be batted with open palm. Any number of players may hit the ball to send it across the net; no player may hit the ball more than twice in succession, but a player may hit it again after it has been hit by some other player. The volleying of the ball continues until one of the sides fails to return it. The ball which hits the net is a dead ball and counts as a failure unless it is a service ball. If it is a service ball, the server loses one of his trials. A ball which hits any object and bounds into court is considered to be in play. If a player on the serving side hits the net, the ball is put out of play and goes to the opponents. Should he be on the receiving side, a point is scored by the serving side. The ball is then passed to number one of the opposing team who serves until he fails. The players serve by number, teams alternately.

Score.—The only side which scores is the serving side, with a few exceptions. Each time the serving side sends the ball so that it passes the net and lands on the ground of the opponent's court, the serving side scores one point. When the receiving side sends the ball so that it lands on the ground of the serving side, it does not count a point. The ball passes to the receiver and they become servers. A ball sent under the net counts against the side sending the ball and scores a point for the opponents. A ball which is sent outside the boundary line and which bounces in again is in play, but counts a point against the side sending it out. If a player catches or holds a ball, a point is scored for the opponents. The game is finished when all players on both sides have served.

End Ball.

11. Select twelve players to a team. Two of these players are selected as guards, who are placed on the opposite side of the court in guards' space in rear of opponents. The opposing teams place their guards on the opposite sides in guards' spaces. If a guard catches the ball, it will score a point for his side. The rules for the guards are not to run or step out past their boundary line. The guard may have one foot over boundary line in order to catch the volley ball but not both feet. He may jump up as high as possible to get the ball. If the ball is caught by the guard, then the guard throws the ball back to the referee, who calls the next number in order to the center line opposite the other. The referee tosses the ball up about four feet over their heads and between the two players who jump and try to hit the ball back to players or over to their guards. No player is allowed to overstep his boundary line, nor is he or she allowed to step in the guards' spaces. No player is allowed to hit the ball with his fist, only with open hand; nor is a player allowed to kick ball or use insulting remarks; if so, the player can be penalized a point.

The first team to score 21 points wins the first game. The ruling is to play and win two out of three games in order to decide the winners of the set. To be played with volley ball.



WE WON'T GO HOME UNTIL MORNING.

The musical score is for a piece titled "WE WON'T GO HOME UNTIL MORNING." It is arranged for piano in 3/4 time with a key signature of one sharp (F#). The score consists of 20 numbered measures, organized into five groups of four measures each. The notation is written on grand staves, with a treble clef on the upper staff and a bass clef on the lower staff. The music is primarily composed of chords and single notes, with some measures featuring triplets or specific rhythmic patterns. The piece concludes with a double bar line at the end of measure 20.

Form a double line of fours about eight feet apart, facing each other.

Measures 1-4: By fours, cross over and join partner's right hand. Circle skip hop once around right.

Measures 5-8: Reverse and join left hand, circle left.

Measures 9-12: Clap hands three times and hold on the last note of the measure. Repeat hand-clapping.

Measures 13-16: Head couple joins hands and skips down between the lines to the foot, where couple remains.

Measures 17-20: All partners join hands and turn each other about to place with two step turn. (See "Pop Goes the Weasel.")

In this movement four two-steps are taken for a turn. Repeat all until each couple has led off to the foot, and the first couple is again at the head.

STRASAK.

The musical score for 'STRASAK' is written in 2/4 time and consists of 16 measures, numbered 1 through 16. The score is organized into four systems, each containing four measures. The key signature has one flat (B-flat), and the time signature is 2/4. The notation is for piano, with a grand staff (treble and bass clefs). The music is characterized by simple, rhythmic patterns, often using chords and single notes. Measures 1-4 show a sequence of chords and single notes. Measures 5-8 continue the pattern with some more complex chordal structures. Measures 9-12 feature more complex chordal structures, including some with multiple notes in a single measure. Measures 13-16 conclude the piece with a final chord and a double bar line.

Form double circle all facing one direction (to leaders), inside hands joined. Step polka step.

Measures 1-3: Polka forward beginning with outside foot. Turning toward and away from partner, etc.

Measure 4: Clapping three times, facing partners.

Measures 5-7: Same as 1-3 and at end of seventh measure swing your partner once around.

Measure 8: Clap three times facing partner.

Measure 9: Each one polka step to the right (hands upon hips).

Measure 10: Toe step left forward with bending trunk forward, clap three times.

Measure 11: Polka left.

Measure 12: Toe step right forward, bend trunk forward, clap three times.

Measures 13-15: Join right hand, shoulder height, elbows bent and polka step around partner.

Measure 16: Boys: Inside partners, polka step forward to new partner. Girls: Polka step in place.

Repeat.

RUSSIAN SNOWSTORM.



All form a double circle (boys facing forward), (girls facing backward).

1. Run eight steps forward, starting right foot, about face and run eight steps forward to partner. (Arms are extended upward, fingers fluttering.)

2. Join right hands with partner, run eight steps around. Join partner's left hand and eight steps around.

3. Boys: Run four steps outward from center of circle. Girls: Run four steps inward toward center circle.

4. All about face and run four steps back to places.

5. Join partner's right hand and circle right.....eight counts

6. Repeat Nos. 3-4-5.

7. Repeat dance.

ST. PATRICK'S JIG.

Part A

1 2 3 4

5 6 7 8

Part B

1 2 3 4

5 6 7 8

ST. PATRICK'S JIG—Continued.

Part C

1 2 3 4

5 6 7 8

FORMATION:

By twos, facing forward, hands on hips.

PART A.

Measure 1: Stamp forward with the outside foot. Bring the inside foot up to the outside foot.

Measure 2: Hop twice on the inside foot and kick twice with the outside foot, knee raised, toe and instep tense downward.

Measures 3-6: Repeat twice with the same foot.

Measures 7-8: Hop on inside foot with toe tapping with the outside foot
one, two. Change and repeat, opposite side.....
three, four. Repeat all, alternately.....five, six, seven,
 eight. On the last hop, face partner, body erect on the kicks and
 on the toe touching.

Repeat Part A.

Measures 1-2: Point the outside foot forward, hop on the inside foot four times and tap four times with outside foot.

Measures 3-4: Change and repeat on opposite foot.

Measures 5-6: Repeat.

Measures 7-8: Run forward and change to partner's place. About face, in running time.

On the first step, clap hands and bend trunk forward slightly and straighten body, hands on hips on the second count.

PART B.

Measures 1-6: Repeat, hop toe steps, starting with inside foot.

Measures 7-8: Cross over, change sides and remain back to back.

PART C.

Measures 1-6: Repeat, toe-touching, starting with the outside foot.

Measures 7-8: Turn three-quarters of a turn and face front.

Repeat music of Part A,

Measures 1-2: Jump back, landing on both feet. Hop three times on outside foot, kick with inside foot three times.

Measures 3-4: Repeat, hopping on the inside foot.

Measures 5-6: Repeat, hopping on the outside foot.

Measures 7-8: Repeat, hopping on the inside foot.

Repeat music of Part A.

Measures 1-8: Repeat toe-touching and cross over, face partners at end of the step.

EIGHTH GRADE GAMES.

1. **Indoor Baseball.**—The game is played in the same manner and with the same ruling as baseball only with the following exceptions: 1. Select ten players to a game. 2. There are two short stops to a game. 3. A foul ball five feet above the batter's head is out. 4. The distance of pitcher's box from home plate is 30 feet. 5. The running bases are 45 feet distant.

2. **Poison.**—Form a circle of eight players and place three Indian clubs in center of circle. Join hands and pull your left or right hand neighbor toward the clubs with the intention of forcing your neighbor to knock down a club. The player who knocks down the clubs or club steps out of the game and the balance of players continue the play until the last two fight it out for the championship. For large classes form several circles, etc.

3. **Tether Ball** (Rules).—(a) The pole shall be twelve feet above the ground and shall be set in the center of a five-foot circle. The pole shall have a line marked around it five feet from the ground.

(b) A twelve-foot line passing through the center of the circle shall divide the play space into two courts.

(c) The nine-inch ball shall be attached to a strong cord so that it hangs three feet from the ground.

(d) A team shall consist of three players; each player to take part in a game.

(e) The game shall be started by a player who wins the toss up, taking hold of the ball and batting it with the right or left. The opposing player bats in the opposite direction.

(f) A point is made by winding the whole cord around the post, above the five-foot line.

(g) After a point has been made a player from the team opposite to the one that began the game starts the play. The third start is made by the last player of the first team (making three innings).

(h) The side scoring most points in the three innings wins the game. In a match, three games shall constitute a set.

(i) Fouls are called as follows: (1) Stepping into circle; (2) stepping into opponent's court.

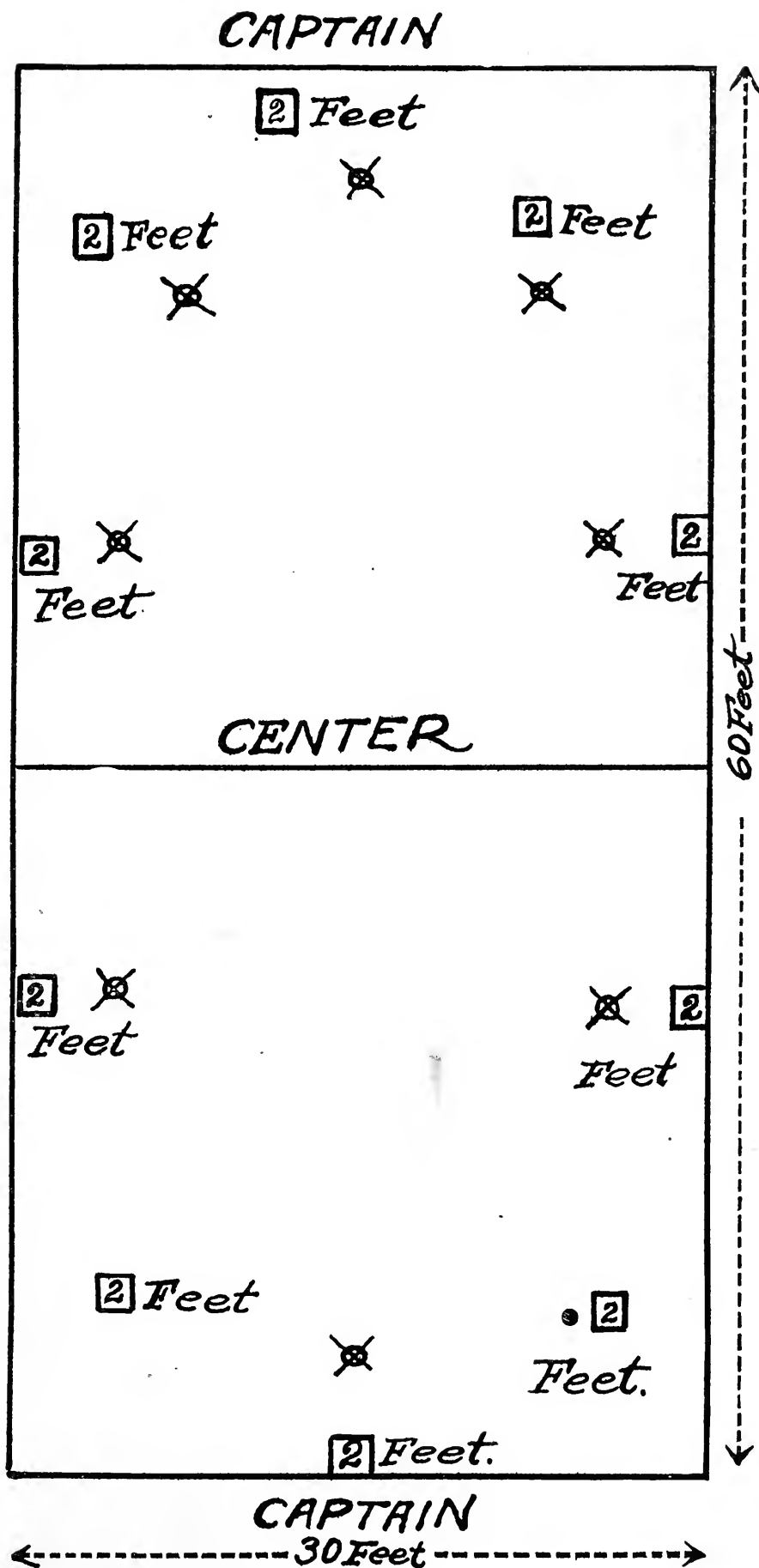
(j) A foul gives the ball into the hands of the opponent.

Captain Ball.

The field is 30x60 feet, divided into spaces 30x30.

1. Ten players form a team. They are divided into five basemen and five guards.

2. Their positions are as shown in the diagram on page 187. The bases are two feet square.



3. Guards are not allowed to go into the territory of their opponents, nor to step into the boxes.

4. Basemen must always have at least one foot in their boxes. They are allowed to jump up into the air to catch the ball.

5. The game is in charge of an umpire, who calls all fouls. At the beginning of a game he tosses the ball up in the center of the field between the two guards who face him.

6. After a point has been made he tosses the ball up in the center.

7. If a ball is held between two players he blows his whistle once, and then tosses it up again between the two players.

8. In case of a foul he decides which baseman shall have the ball for a free throw. (In a free throw the baseman having the ball may not be interfered with, but the other players of his side should be guarded.

9. There shall be a scorer, who is also timekeeper.

10. If in the course of the game the ball rolls outside of the field it shall be put in play by one of the guards nearest the place where it rolled out.

11. The object of the game is to get the ball (a basket ball) successively into the hands of two or more basemen of a side.

POINTS ARE MADE AS FOLLOWS:

1. If the ball successively gets into the hands of two basemen of the same team, this play counts one point.

2. If the ball successively gets into the hands of a baseman and then to the captian, this play counts two points.

3. Should the succession be captian, baseman and then again captian, the play also counts two points.

4. If the ball successively gets into the hands of two basemen and then to the captain, the play counts three points.

FOULS ARE MADE AS FOLLOWS:

1. Carry the ball.

2. Striking the ball when in hands of a player.

3. Holding, pushing, striking or tripping an opponent.

4. Getting out of the box with both feet at the same time.

5. Stepping into the opponent's boxes.

6. Talking back to umpire on decisions.

Net Hand Ball.

1. Select five players to a team.

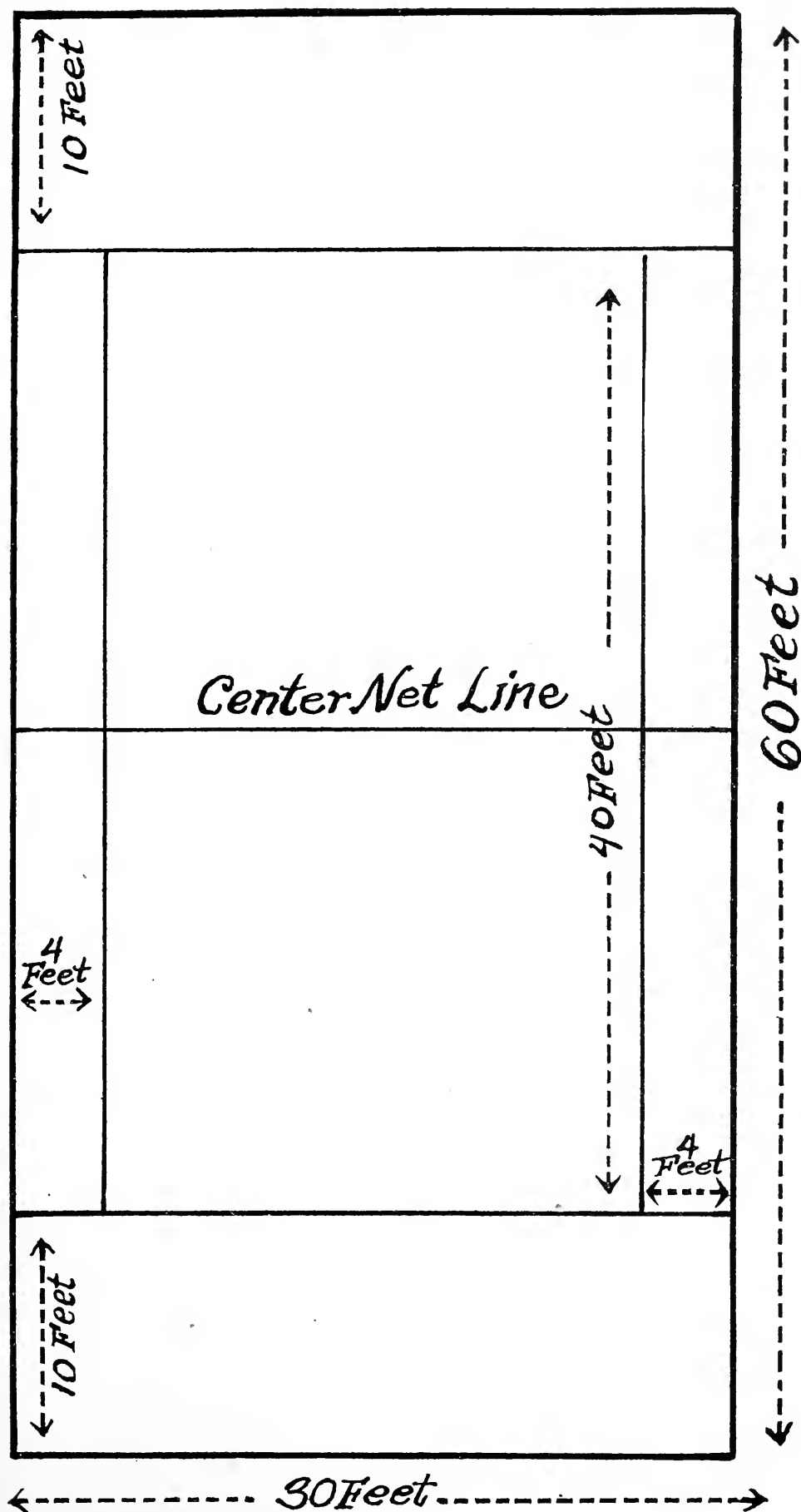
2. The game is played with a tennis ball and batted with left or right hand.

3. In the first serve, number one from the ten-foot space must serve the ball over the net and within the forty-foot space.

4. The server gets two trials.

5. If the server is successful in her serve, the opponent players hit and return the ball over net. The opposite side returns ball back over net to opponent who again takes it up and returns to opposite players. This is kept up until one of the players fails to return ball over the net, then number two of the same team steps up to serve from the ten-foot space. If her opponent fails to return the ball over net, that scores a point for the server. Twenty-one points win the game.

6. Each side has three serves.



7. Any player on the opposite side of the server may hit the ball in return.

8. After the return of the ball any player is qualified to hit the ball in return.

9. Any server may continue to score as many points as she can until she fails to return ball over net.

10. Two out of three games decide the winners.

11. If a tie, an extra game is played. Organized leagues can be formed.

Soccer Football.

FOULS.

Fouls are called for pushing, tripping, charging, unnecessary roughness and purposely touching the ball with the hands or arms.

PENALTY FOR FOULING.

In case of a foul the ball is given to the opposite side at the point where the ball was at the time the foul was made. The ball is placed on the ground and a free kick is given.

OFFICIALS.

There shall be a referee who has full charge of the game. Two line men (one for each side of the field) and a timekeeper, who also acts as scorekeeper.

STARTING THE GAME.

The game is started by a kick off. The referee (who has full control of game) places the ball on the center line in the middle of the circle. The side losing the toss kicks the ball toward the opponent's goal. No other player shall be within five yards of the ball when it is kicked, nor shall any player cross the center of the ground until the ball has been kicked off (should this happen the kick must be taken over).

OUT OF BOUNDS.

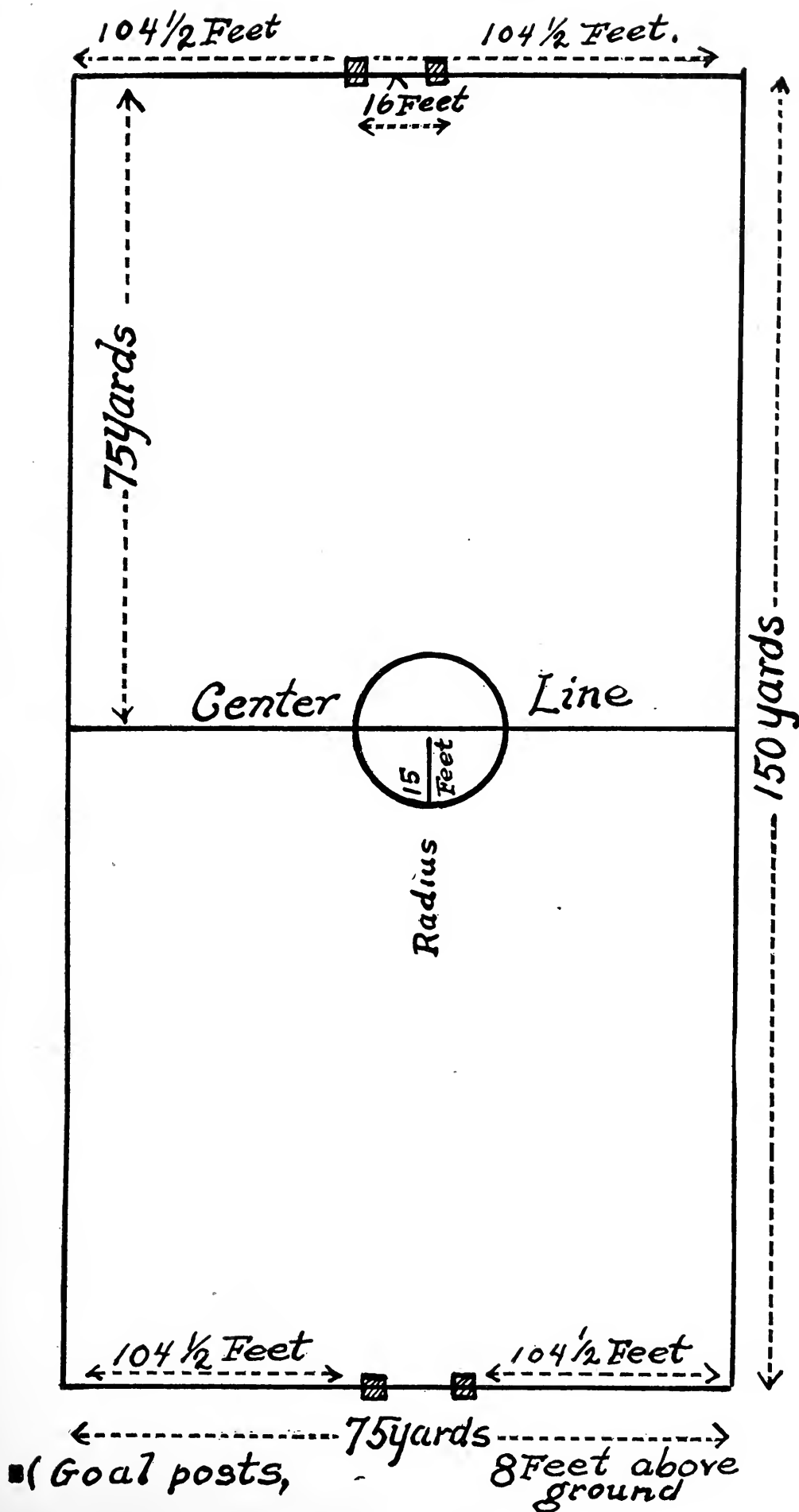
The ball is "out of bounds" when it has passed outside of the field of play (the lines on the sides are called "touch lines" and the lines on the ends are called the "goal lines"). To again put the ball into play a player on the opposite side to that which caused the ball to go out of bounds stands on the line at the point where it went out, then throws the ball, with both hands over his head, into the field of play. He can not again play the ball until it has been played by another player.

• SCORING A GOAL.

A goal is scored when the ball has been kicked over the goal. A goal counts one point. The team scoring the greatest number of goals in the game is the winner.

TIME OF GAME.

The game is played in two halves of from ten to twenty minutes each, with an intermission of from five to ten minutes. Choice of goal and kick-off:—The choice of goals is made by the toss of a coin, the winner choosing the goal and the loser getting the kick-off. Goals are changed between the halves.



KICK-OFF; ALSO A FREE KICK.

The ball is placed on the ground and the player gets a kick at the ball without interference. No other play is allowed within five yards of the ball until the ball has been kicked.

General Remarks.

The field should be between fifty feet and seventy-five feet wide and between one hundred and one hundred and fifty yards long divided into two equal parts by a line through the center.

PLAYERS.

Any number of players can play on a team, but care should be taken that too many do not try to play ball at the same time.

OBJECT OF GAME.

The object of the game is to kick the soccer football (an association football) over the goal line for a corner kick or for a goal kick. At no time must the ball be touched with the hands or arms; if so, the referee blows his whistle and calls foul and places the ball upon the spot where the foul was committed, to be kicked by any one opponent who kicks the ball toward his opponent's goal.

Basket Ball Rules for Eighth Grade Pupils.

Section 1: The game shall be started by the referee of opposite teams, as provided in Sections 8, 9 and 11 of this rule. The game shall consist of eight-minute quarters, with two-minute intermissions between the first and second quarters and between the third and fourth quarters, and a ten-minute intermission between the second and third quarters. Total time, 46 minutes. These times may be changed by mutual agreement of the captains and referee. During the two-minute intermission the players shall not leave the floor to receive coaching or exchange goals. At the beginning of each quarter the ball shall be put in play at the center.

Section 2: Both teams must be ready to play within ten minutes after the game is called by the referee. If, at the expiration of this time, only one team is ready, that team wins by default. If neither team has completed its number, the first team to do so may not claim the game by default until an additional five minutes shall have been allowed the other team to complete its number. Captains should be notified during the intermissions of any changes. If either team is not ready to play when time is called, the ball shall be put into play.

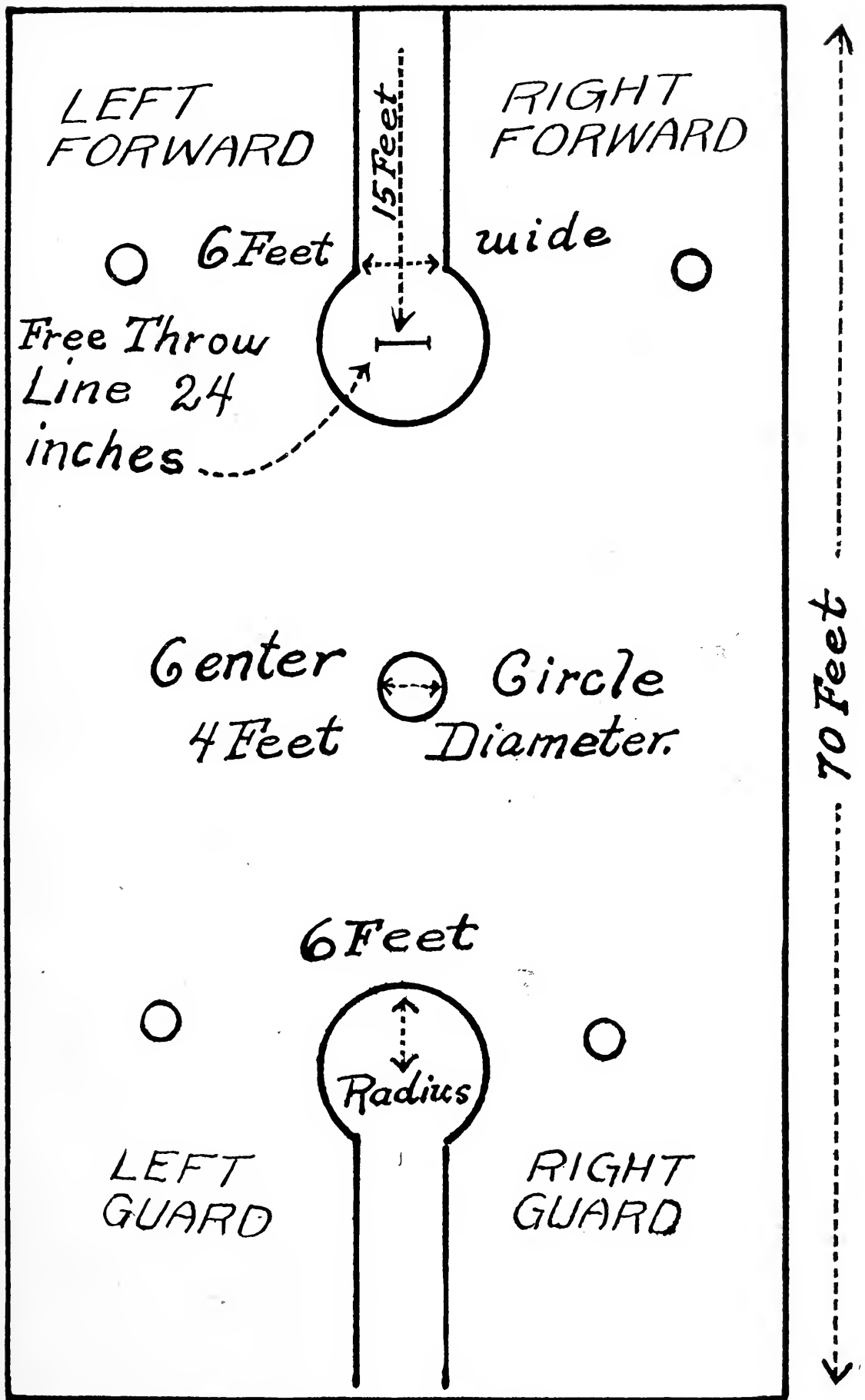
Section 3: A referee or captain should toss up for basket at the beginning of game. After the ten minutes of intermission the teams change baskets.

Section 4:

(a) When catching a ball, two hands are necessary to secure it; but if caught it may be legally retained in one hand or thrown with one hand.

(b) A foul shall be called on a player who puts a hand on the ball after an opponent has secured it.

(c) Referee shall decide which player first gained possession of the ball and shall award the ball to that player. A foul shall not be called on a player who in attempting to catch a ball puts one hand on the ball after the opponent has secured it, providing the player immediately takes the hand away.



Two Dimension-35x70-50-90 Feet

(d) Not more than one player of each team shall touch the ball at the time it is being disputed with an opponent. Violation of this rule is a foul. It is not a foul for two players on the same team to put their hands on the ball when it is not disputed by an opponent, provided one player immediately takes her hands away.

Section 5: When a ball has been caught it must be thrown within three seconds. If the player has fallen down, the three seconds are counted from the time when all the body weight is again on the feet. Foul for delay may be applied if the player does not get up as soon as possible.

Section 6: The ball may be thrown, dribbled, batted, bounced or juggled in any direction. The ball may be bounced or dribbled once only, with one or both hands, and the bottom of the ball must reach at least as high as the knee in bouncing. The ball may be juggled once only, and the bottom of the ball must go as high as the top of the head during the juggle. A dribble shall not be used combined with a juggle. While making the one bounce or one juggle a player may take any number of steps, provided the steps are made between the time the ball leaves the hands and the moment it is again caught. 1. A dribble is a play in which a player, after giving impetus to the ball by bouncing it, touches it again before it has been touched by another player. 2. A juggle is a play in which, after giving impetus to the ball by throwing or batting it into the air, touches it again before it has been touched by another player. 3. A bounce shall be understood to mean a play in which the player, after giving impetus to the ball by bouncing it, does not touch it again before it is touched by another player. 4. A free throw for goal is the privilege given a team to throw for goal from a position directly behind the free throw line.

Section 7: No player should hand or roll the ball to another player. The ball must be thrown or bounced to another player or thrown for the basket. The player, when throwing the ball, must be standing on one or both feet or jumping in the air.

Section 8:

(a) The ball shall be put in play in the center.

1. At the beginning of each quarter.
2. After a goal has been made.
3. After an illegal free throw has been made.
4. After the last free throw following a double foul.
5. At the beginning of the additional playing period necessary in a tie-score game.

(b) When the ball is put in play in the center each center player shall stand with both feet within own half of the circle, with one hand behind the back and in contact with it; the hand shall remain in this position until the ball has been tapped by one or both players. The other players may take any position they may desire without interfering with referee or center.

Section 9: When the referee puts the ball in play in the center it shall be tossed upward in a plane at right angles to the side lines between the centers, to a height greater than either of them can jump, so that it will drop between them. Both players must jump for the ball at center and elsewhere. The referee shall blow a whistle when the ball reaches its highest point, after which it must be tapped by either one or both of the center players. If the ball touches the floor without being tapped by one of the jumpers the referee shall put it in play again in the same place.

If the ball is batted out of bounds by either of the players, the regular out of bounds rules shall apply.

Section 10: When the referee tosses the ball up between two players elsewhere than in the center the players shall assume the same position in relation to each other as when jumping in the center.

Section 11: Whenever the ball is tossed up by the referee, between two players, whether in the center or elsewhere, the ball must be batted, not caught. Neither of the players jumping may catch the ball until it has touched the floor as has been played by some other player than those jumping. This does not prevent the player from batting the ball more than once.

Section 12: The game shall terminate by the sounding of the time-keeper's signal indicating the end of the game.

Remarks: Matched or tournament games may be played according to the Spalding National Basket Ball rules. See booklet on rules. Spalding basket ball is recommended.

GUARDING FOULS.

1. Guarding over opponent.
2. Guarding around opponent.
3. Guarding with one or both hands over the ball held by opponent.
4. Guarding with one or both hands touching the ball held by opponent.
5. Guarding within three feet of boundary line, when space outside is limited.
6. Guarding with both arms, when opponent is at a corner where two boundary walls meet.

FOULS WITH THE BALL.

1. Failure to throw the ball within three seconds after it is caught.
2. Double dribble (in dribble, bottom of ball must reach as high as the knee).
3. Double juggle (in juggle bottom of ball must go as high as top of head).
4. Handing or rolling the ball to another player.
5. Throwing ball from kneeling or lying position.
6. Catching ball on toss up by referee, before it has touched floor or has been played on by other players than those jumping.
7. More than one player of each team putting her hands on the ball.
8. Running with the ball.
9. Snatching or batting the ball from opponent's hands.
10. Kicking or striking the ball.
11. Passing ball to another player while making a free throw.

Basket Ball Rules.

GENERAL FOULS.

1. Player jumping for ball must hold one hand in rear of back.
2. Any persistence in delaying the game.
3. Coaching from side lines.
4. Only captains shall address officials.

PERSONAL FOULS.

1. Guarding with any part of the body touching opponent or holding.

2. Holding, blocking, tripping, charging or pushing an opponent.
3. Unnecessary roughness.
4. Pushing or holding an opponent who is in the act of throwing for the basket.

LINE VIOLATIONS.

1. Touching from beyond field line division or beyond second line if neutral space is used with any part of body or clothing.
2. Touching or crossing free throw line before ball has touched basket or backboard.
3. Players touching six-foot line or entering free throw land, before ball has touched basket or backboard. (In free throw.)

BASKET BALL SCORE RULES.

1. A goal made from the field shall count two points.
2. A goal made from free throw counts one point.
3. A goal counts if whistle sounds when the ball is flying in the air toward the basket.
4. A goal thrown before the whistle is blown for a foul made by a player does not count.
5. A goal from out of bounds does not count.
6. In case of a tie the game shall continue until either side has made two additional points. (No change of baskets.)
7. If the game is won by default the score should be 2-0.
8. If the player oversteps his throw line for the basket it does not count.
9. If the players from either side overstep the six-foot line (in free throw) to goal, does not count.

THE BASKET BALL IS DEAD.

1. After every field goal.
2. After every free throw is made.
3. After double free throw on opposite sides missed or made.
4. After double free throw for same side (if second is made).
5. At the expiration of playing time.
6. When the ball goes out of bounds.
7. When the ball lodges in supports of basket.
8. After an illegal free throw.
9. When a foul or line violation is called.
10. When tie ball is declared.
11. When "time out" is declared.

Rules for "out of bounds," balls and plays. A ball is out of bounds when it is completely across the boundary line.

1. A player may hold the ball five seconds out of bounds.
2. If ball is out of bounds, it is given to opponent of player last touching it.
3. If player oversteps the boundary line in delivering ball, the ball is given to opposite side for throw.
4. If ball is batted out of bounds by one center in jumping, it is given to an opponent outside.
5. If the ball is batted out of bounds by the two centers in jumping, it shall be thrown up between them at a point three feet within the court at right angles to point where ball crossed.
6. In case of a doubt as to which side last touched the ball out of bounds, it shall be tossed up between the two players.

7. If ball is out of bounds when "time" is called, play shall be resumed at the whistle just as if "time" had not been called.

8. All guarding must be done inside of the boundary line.

The ball is thrown up between players.

Note: The ball must be batted, not caught. The players jumping may not catch the ball until it has touched the floor or has been placed by some other player than those jumping.

1. When ball is put in play at center.

2. Tie ball (two players placing both hands on ball at same time).

3. If ball is in bounds when "time out" is called, it shall be tossed up between players nearest the spot when "time out" is called.

4. If ball is held tie between center and guard or forward, the ball shall be tossed up between the center and a center opponent.

5. In case of doubt as to which side last touched the ball in "out of bounds," it shall be tossed up three feet within the boundary line.

6. In case of a doubt as to which player first had two hands on the ball, it shall be tossed up between the players in question.

7. If two players of different teams are over the division line at the same time, there shall be a toss up between player who has the ball when the double violation is called and nearest opponent.

VIOLATIONS WHICH GIVE BALL TO OTHER SIDE.

1. If ball is out of bounds, it shall be given to an opponent.

2. If ball is played first in bounds by player who returned it from outside.

3. If player steps over line when throwing in from out of bounds.

4. Ball must be thrown from the mark where it went out of bounds.

5. If player holds ball out of bounds longer than five seconds.

6. Player throwing the ball from the boundary line with one foot over line.

ANOTHER THROW FOR SAME SIDE.

1. If player is interfered with in returning the ball from out of bounds.

2. In free throw if opponent oversteps six-foot line and basket is missed.

PENALTY.

1. If overguarding opponent who is in the act of throwing for the basket, two free throws shall be awarded side fouled against.

2. A free throw shall be awarded side fouled against.

3. Four personal fouls disqualify a player.

4. The free throws shall be awarded.

5. For being disrespectful to referee or officials.

CORNISH MAY DANCE.



CORNISH MAY DANCE—Continued.



Form couples and join inner hands. Polka step.

Forward.....16 counts

All halt and form fours. Square.

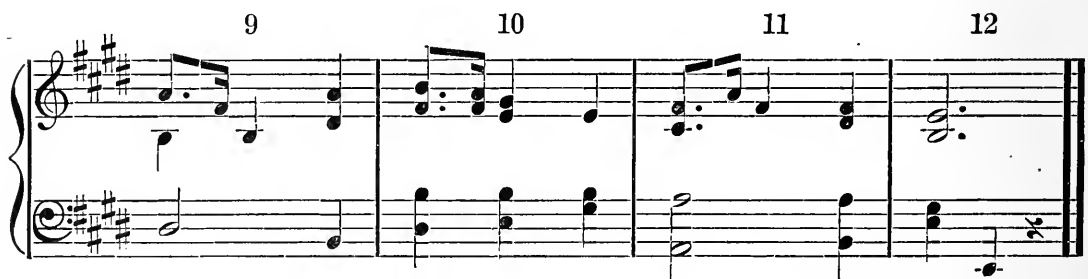
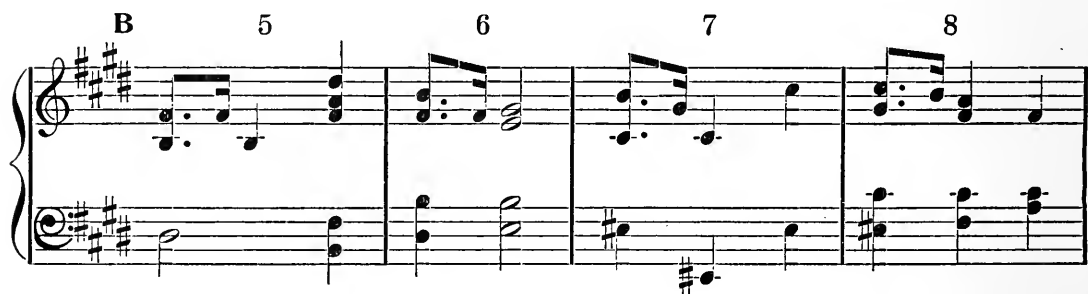
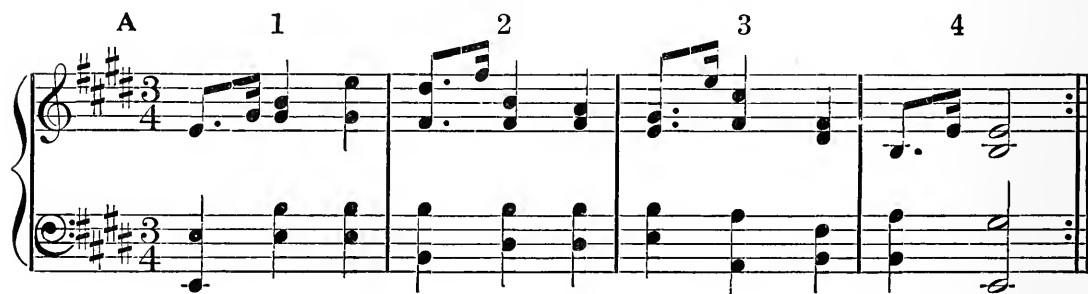
Couples march forward to center.....four counts

Return.....four counts

Join right hands and once around right. Same, left. Form a large circle, join hands and circle left and then right.

Repeat all.

THE MADRID MAZURKA.



Formation: Form a double circle. Partners face, boys take partner's right hand in his left. Free hand on hip. Boys' part described; girls counterpart.

A. Measures 1-2: Step to the side. (Counter-clockwise with the left foot.) Place right toe forward, raise and lower heels and swing arms forward and upward. Stamp as the foot is placed to the side. Repeat, stepping on the right foot and swinging arms down, backward and upward.

Measures 3-4: Drop hands, place hands upon hips, step to the left whole turn, about face, face partner, extend arms sidewise, shoulder height, and stamp three times.

A. Measures 1-4: Repeat all measures with steps.

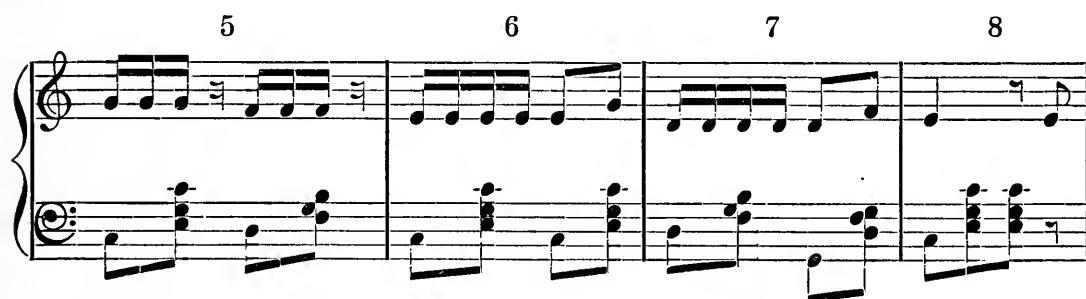
B. Measure 5: Join both hands, arms raised to shoulder level. Take three short slides around the room.

Measure 6: Repeat.

Measures 7-8: One Mazurka step, and three stamps, left, right, left.

Measures 9-12: Repeat all, starting with the right foot.

KOMARMO.



KOMARMO—Continued.



In fitting the steps to the music, each measure should be counted as follows: "One and, two and, etc." Form a double circle or in ranks.

PART A.

Measure 1: Beginning with the left foot, number one makes a long slide diagonally forward with the left foot (one), closes the right foot to the left (and), with left foot make a long slide diagonally forward to the left (two) pause (and),

Measure 2: With right foot slide diagonally forward to the right (one), close the left foot to the right (and), with the right foot slide diagonally forward to the right (two), pause (and),

Measures 3-8: Continue the same step, using left foot and right foot alternately. Number two at the same time executes the same step with the same foot, but sliding diagonally backward. This should give a zig-zag effect, one sliding toward and the other sliding away from the center of the circle.

PART B.

Measures 1-2: With the position of the hands still the same the dancers spring and touch the left foot forward with toes raised from the ground (one), pause (and, two and),

Measure 3: Dancers spring and change position of feet (one), pause in this position (and, two and),

Measure 4: Dancers spring and change the position of the feet again (one), pause in this position (and, two and).

PART C.

Measures 1-6: With left hands still back of own waists, dancers link right elbows and swing each other with slow running steps, starting with the left foot and making two steps to each measure.

Measures 7-12: Link left elbows and turn, without pausing, in the opposite direction; swing each other in the reverse direction in the same manner. At the completion of C, dancers resume their original position and repeat entire dance from beginning.

HIGHLAND FLING.

The musical score for "HIGHLAND FLING" is presented in two systems, A and B. System A includes measures 1 through 8, and System B includes measures 9 through 16. The music is written for piano in 2/4 time with a key signature of one sharp (F#). Each system consists of two staves: a treble staff with a melody and a bass staff with a harmonic accompaniment. Measure numbers 1 through 16 are placed above the treble staff. The piece concludes with a double bar line at the end of measure 16.

Formation: Form ranks of 4, 6, 8, etc. Open order outward from center.
 Arm circle left over head, right hand.
 Upon right hip, palm upwards.

PART A.

Measure 1: Hop on right foot and toe-step left sidewise, circle right arm over head. Hop and place left foot in rear of right knee.

Measure 2: With a slight movement of the left foot place it in front of the left knee, forming figure four, close step. Count—(one, and two, and three, and four, and).

Measures 3-4: Change and repeat all opposite sides with changing position of arms, left arm circle over head, right hand on hip.

Measures 5-6: Same, opposite (on left side).

Measures 7-8: Same, opposite (on right side).

Measures 1-8: Repeat all, with a one-fourth turn to every two measures, making a whole turn left.

PART B.

Measures 9-10: Hands on hips, hop on right foot and toe step left forward (one and), hop and repeat same, right toe step right forward (two and),

Measures 11-12: Form figure four by placing left leg in front of right knee (three and), close step, (four and),

Measures 13-16: Repeat all of the last four measures.

Repeat all of Part B.

. Repeat all.

Public School Playgrounds

FOR THE STATE OF
MISSOURI



PLAY GROUNDS.

Management of School Yards and Playgrounds.

The director or first assistant has charge of the playground. His special duties are:

1. Keeping of Statistics.

These should be carefully kept and forwarded weekly to the county and city superintendents, who forward yearly the reports to the State Superintendent. The average attendance is taken twice in the forenoon, which is divided by two, giving the forenoon attendance. The afternoon attendance is taken twice in the afternoon, which is divided by two, giving the afternoon attendance. Adding the forenoon and afternoon attendance gives the average daily attendance. These reports should be made daily.

2. Care of Grounds and Equipment.

The first assistant should at all times be intimately acquainted with the conditions of the grounds and the equipment. Especial care is necessary in detecting any sign of weakness in suspended apparatus, in sharp corners, etc., of toys and of tools.

Report cards for needed repairs should be sent to the superintendent's office each Wednesday and Saturday. The list of all toys and tools and apparatus must be kept up carefully. The daily loss of toys and tools must be recorded. In this connection it is important to have a box or locker at a convenient place for the keeping of all play implements. This should be so arranged that one glance will suffice to note the absence of any implement at close of session. It is wise to have a signal a few minutes before close of session for the purpose of having all implements returned by those who obtained them. All children should be led to take an interest in putting away everything which they have used. This will create a sense of good order and also tend to make the children take a general interest in school and municipal property.

A printed list of supplies will be given to each playground head. On this should be checked off whatever there is at each particular ground. This list will also have columns for reporting conditions, etc., and will give each supervisor an idea what supplies there are at the office. At the end of the season a detailed report of every apparatus, implement, etc., must be made to the office.

3. Discipline.

The first assistant is responsible for the discipline on his playground. He alone can debar any child from temporary or permanent presence on ground. He should get into close relation with the local police department in order to be properly protected from outside interference by adults, "hangers-round," etc. He should also cultivate co-operation with local societies, churches, and settlements.

It is very important that he also get into close touch with the parents. This can be done by having occasional local festivals for the younger children and events for the older children.

The first assistant is at all times responsible for the program and the work of his assistants in the distribution of division of spaces. He should cultivate a personal acquaintance with all the children and should be the first and last one on the ground.

It is the first assistant's special duty to organize teams and arrange games for all older children. He should also arrange regular schedules for his ground and should arrange for visits with other grounds.

Assistants.

The assistant will attend to the duties of the first assistant in case of his unavoidable absence. He will assist the first assistant in the clerical work necessary for all statistics. He will carry out the program arranged by the first assistant. He will take charge and conduct special lines of work outlined by the first assistant. It shall be his special duty to supervise the physical activities of boys and girls too old for the sand garden. He will be responsible for the material and equipments used in the activities which he is carrying out.

The assistant in sand gardens will have charge of the sand boxes, rest places for children and mothers, under the direction of the first assistant. It is his special duty to see that sand and play implements are kept in a workable and hygienic condition. He should be well versed in the activities of infant architects and be capable of helping them in fashioning things as their imagination desires. To keep the sand in a hygienic condition the children should be taken out at regular intervals to the lavatories. Their hands, etc., should be inspected for contagious inflammation. The children should be taught early not to put the pails, spoons, spades to other uses than clean sand work. After a rain the boxes should be exposed to the sun for drying, and if too dry they should be sprinkled the first thing in the morning.

If tin tools are used they should be kept free from rust, and care should be used in supplying tools without ragged edges and sharp corners.

Children with capable imagination, able to fashion pies, huts, and bridges, should be well distributed among other children with less capacity. The assistant in the sand gardens should ably assist the other teachers whenever possible.

A Sample Program for a Day Upon a Playground.

No set programs can be given to all the schoolyard playgrounds, as each playground has its own local problems to solve. Besides, each day's program is dependent upon weather conditions, presence of special instructors, and attendance. The choice of games, for instance, should depend upon number of children present. On rainy days more story-telling and quick games are in order. On some unusually hot days or sultry days, the children are to be kept quiet as much as possible, and in the shade, and the more vigorous activities should be carried on during the early and later hours.

FORENOON.

1. A few words of general instruction, announcements, etc. Let children know which games are to be played and when. Note their

expressions of approval, etc. Will get valuable hints as to favorite games.

2. Distribute the small play material.
3. Do not distribute all kinds but vary daily.
4. Organized plays and games for younger children.
5. Athletics, gymnastics for older children.
6. Free use of apparatus and free play.
7. Supervise only to insure equal opportunity for all.
8. Command good manners and good individual work.
9. Organized games for older children.
10. For younger children.
11. Organized small group play with small play material.
12. Marching and singing.
13. Story telling.
14. Dismissing of children according to the need of time for walking home.
15. Free use of swings and other large play apparatus.
16. Teachers make out their morning reports and hand them to director. If yard is closed during noon hours, one assistant or caretaker to remain as watchman.

AFTERNOON.

1. Free play and free use of apparatus.
2. Reading and story telling all over play yard and in building. (Use shady corners, places under trees, etc.)
3. (a) Younger children—organized physical activities; dancing, social games, kindergarten work, etc.
- (b) Older children—organized team games. Same game going on in several groups or several games in different groups.
4. Free play. Free games and free use of apparatus. Supervise only general conduct of children and assist individual efforts.

Outline of Plays and Games.

The following list of plays and games is classified according to the needs of various ages. They are minutely described, and supplementary list is appended for each grade of children for convenient reference. These which are minutely described are modified or arranged with special reference to use in limited areas, and in nature require considerable physical activity. They are to be used whenever it is necessary to exercise all the children together. They will help in organizing the children into groups and teams and lead up in a graded sequence to athletics and team work.

The following games are preferably to be played on the *outside*, except those marked with a star, which are *inside* games. (All listed games will be found in this Manual under their respective grades, and in numerical order.)

FIRST GRADE.

- | | |
|---------------------------------|----------------------|
| 1. Scooping Sand. | 7. Flying. |
| 2. Windmill. | 8. Chopping Wood. |
| 3. Arms forward. | 9. Rowing. |
| 4. Jumping Jack. | 10. Hopping. |
| 5. Throwing Lasso. | 11. Jumping. |
| 6. Locomotive Getting Up Speed. | 12. One-minute Race. |

SECOND GRADE.

- | | |
|------------------------------|------------------------------------|
| 1. Cat and Rat. | 7. Circle Ball. |
| 2. Running and Hopping Race. | 8. Fox and Farmer. |
| 3. Fox and Hen. | *9. Passing the Blackboard Eraser. |
| 4. Cleaning House. | 10. Passing Eraser over Head. |
| 5. Drop the Handkerchief. | 11. Hoping and Running Race. |
| 6. Wood Taggers. | *12. Exchange Seats. |

THIRD GRADE.

1. North and South.
2. Hop Butting.
3. Hopping and Pulling.
4. Follow the Leader.
5. Three Deep.
6. Bull in the Ring.
7. Tag the Wall Relay.
8. Potato Race.
9. Lame Fox and Chickens.
10. Beetle Goes Around.
11. Ball or Bean Bag Over Head.
12. Touch.

FOURTH GRADE.

1. Hop and Pull.
2. Poison, or the Wrestling Ring.
3. Relay Race.
4. Wand Wrestling.
5. Dodge Ball.
- *6. Vaulting Seats.
7. Bird Fly.
8. Still Pond.
9. Tag Wall Relay.
10. Bears and Cattle.
11. Bull in the Ring.
12. Flag Race.

FIFTH GRADE.

1. Dodge Ball.
2. Over and Under Relay.
3. Arch Goal Ball.
4. Center Catch Ball.
5. Garden Scamp.
6. Catch Fish.
7. Bean-Bag Pass.
8. Prison Base.
9. Dumb-bell Tag.
10. Baste the Bear.

SIXTH GRADE.

1. Round Ball.
2. Pursuit Relay Race.
3. Jump the Shot.
4. Old Woman from the Woods.
5. Red, White and Blue.
6. Bombardment.
7. Toss Up, Heads or Tails.
8. Line Ball.
9. Jumping Relay.
10. Three Deep.

SEVENTH GRADE.

1. Indian Club Guard.
2. Long Ball.
3. Cross Tag.
4. Posture Tag.
5. Center Base.
6. Snow Fort Bombardment.
7. Zigzag Relay.
8. Tug of War.
9. Switching.
10. Volley Ball.
11. End Ball.

EIGHTH GRADE.

1. Indoor Baseball.
2. Poison.
3. Tether Ball.
4. Captain Ball.
5. Net Hand Ball.
6. Soccer Football.
7. Basket Ball.

THEORY AND PRINCIPLE.

1. Spirit and Aims.

A. THE SOCIAL OPPORTUNITY.

The playground teacher has the real boy and girl before him. They are forming habits of honesty or cheating, fair or foul play, generosity or selfishness, politeness or rudeness, determination all around him. He has a thousand opportunities to direct habit every day. The children will learn their spirit and method of play largely from him. He is sowing his personality broadcast, and should be careful of the type.

B. PERSONAL METHODS.

He should try to know as many children by name as possible. He should be friends with as many as possible. Any prowess or art that he may possess will increase the effectiveness of his example in everything; conversely, any ignorance of rules or inability to take part effectively in playground activities will diminish his influence in everything. He should be sympathetic. He should take an interest in all their experiences and plans. He should try to help them in all endeavors.

C. SOCIAL ENDS TO BE ATTAINED.

The Formation of Friendships.—The friendships of children are formed mostly in play. The teacher should check the forward, obstinate, selfish ones, and help them to be good comrades and generous competitors.

Obedience to Law.—He should get the children to live up to the rules, and it is the sportsmanlike thing to do, rather than from fear of penalties. The law of the game is the essence of all law to the boy, and the playground is the place to teach him to be law-abiding.

Loyalty.—He should try to get loyalty in all his teams. It is the boy's first step in unselfishness and almost the same to him that patriotism is to the citizen. He should create loyalty to the ground by holding competitive games with other playgrounds and getting as many children to enter into the spirit of it as possible.

Cleanliness.—He should speak to and caution the children who are careless in this matter. He should not choose such children for leaders. He should have an occasional military inspection of the teams. Get the captains to take pride in the appearance of their men. Choose some one for some preferment occasionally, because he looks so "neat."

Justice.—He should preach the "square deal." Large children must not take things away from small ones. Children must take their turns on coveted apparatus. Children must give up the coveted position when they have held it a fair length of time.

Honesty.—In tournaments there are very strong temptations to false registration from different grounds, under false ages, and from non-amateurs. Disqualification is the one consistent and effective punishment for all these and it is the most effective lesson in truthfulness that can possibly be given.

Politeness.—This is very effectively taught without great effort in the playground. The children will learn much from imitation of the teacher. They are apt to think that politeness does not apply to play,

so the lesson is all the more needed. The teacher must be careful to be polite to the children. He must be careful to use polite expressions in all games; nearly all the ring games have opportunities in this direction. He must insist on politeness to himself and on politeness to all officials and opponents at meets, on penalty of disqualification. Children will need instruction as they will not know what politeness requires.

Determination.—There are many children who try a game or stunt once or twice and then give up if they are not successful, who are discouraged if their opponents get a large score against them, and want to stop the game. There is no other opportunity of similar value in teaching the will to succeed against obstacles or odds. The teacher should encourage them to keep trying.

D. GENERAL ENDS TO BE SECURED.

An abundance of physical exercise.

The creation of as many interests as possible.

The happiness of the children.

2. Arousing Interest.

A. ENTHUSIASM IN INSTRUCTION AND LEADERSHIP.

B. EXTERNAL AIDS.

Playground button.

Holding exhibitions or festivals.

C. AROUSING LOCAL PRIDE THROUGH APPEARANCE OF GROUND.

The teacher should see that all litter and paper are picked up.

He should see that the equipment is always in repair, if he has to repair it himself.

He should see that the grass is cut, if there is any, and that everything is in order.

Keeping his athletic records posted up.

Having a good playground banner; the children will gladly help to buy it.

Having colors, a uniform, if possible, and a yell.

3. Teaching Activities.

A. INSTRUCTION IN GAMES AND ATHLETICS.

Kindergarten and Ring Games for Little Children.—Children should have thirty or forty games that they play together. The director should teach a new game as soon as the children tire of the old ones.

Games for Older Children.—General games, employing large numbers of children, essential to getting acquainted and forming a ground loyalty. Team games. Teachers must know the rules and be able to play the game better than the children.

Note.—It is well to have a digest of the rules of the less common games printed and posted up on the ground and distributed to the members of the teams. The cost is but a trifle.

Athletics.—Running, instruction in: The way to start; the course; the finish. Examining the heart and lungs of children who are taking regular training. Having relays in which a great many take part, so as to get all the children interested in running.

Note.—It is well to have some form of standard test for which a special button is given and try to get all the children to win it. Each

playground should receive credit for each button earned and the different grounds should compete for the record.

Jumping.—It is well to have a place marked off for the standard test. The high jump is very popular when it is once started.

Chinning.—There should be a good place on each ground.

Note.—The ground should have credit for all the children that come up to the test. Post up names and print in the papers.

Group Contests.—Class athletics where a group competes against another group, each trying to secure the highest average. Where one group competes against another group and the performance of each is added to a group total which serves as the basis of the competition.

B. DANCING. (SELECTED BOOKS FOR DANCING.)

1. Folk dances and singing games (by Elizabeth Burchanal), published by G. Schimer, N. Y.

2. Folk Dance Book (by C. Ward Crampton), published by A. L. Barnes & Co., N. Y.

Where—The steps of the school, in the play room, under a tree, in the sand bin, etc. Difficulties—Different ages of the children, noise, interruptions. Must know the story and tell it with animation.

The following list of books is suggested as a tentative list:

FOR YOUNGER CHILDREN.

Andersen's Fairy Tales.

Popular Tales from the Norse.....Sir George Dasent.

Stories of the Field.....Sir George Dasent.

Mothers' Stories.....Maude Lindsay.

More Mothers' Stories.....Maude Lindsay.

Alice in Wonderland.....Lewis Carrol.

Alice Through a Looking Glass.....Lewis Carrol.

For the Children's Hour.....Carolyn S. Bailey and
Clara N. Lewis.

Stories to Tell Children.....Bryant.

The Bible.

Uncle Remus.

FOR THE OLDER CHILDREN:

Near and Far Stories.....Laura B. Peck.

Jungle Book.....Kipling.

All the Animal Stories.....Sir Thomas Seton.

Hiawatha.....Longfellow.

Some of Cooper's Novels.....(Leather Stocking Tales.)

Robin Hood.....Howard Pyle.

King Arthur.....Howard Pyle.

King Arthur and His Knights.....Maud Radford (Published
by Rand-McNally Co.,
Chicago, Illinois.)

Wonder Book.....Hawthorne.

Tanglewood Tales.....Hawthorne.

Norse Stories.....Hamilton Mabie.

Wonder Tales from Wagner.....Annie Alice Chapin.

Roland.....Baldwin.

Ulysses.....Charles Lamb.

Robinson Crusoe.....Defoe.

Stories of the Gorilla Country.....Du Chaillu.

D. INDUSTRIAL WORK.

The children should do as much of the practical work as possible. If the boys help to clear the ground and make the ball diamonds and running tracks, and the girls make the baby hammocks, the bases for baseball, covers for tether balls, bean bags, and their own aprons and bloomers, the work will be interesting in itself, and will increase their loyalty to the playground.

Basket work, raffia work. Older girls are very fond of these and it always pleases the parents. Whittling, rope splicing, and kite flying for boys.

The teacher should not give out material without instructions how to use it.

He should not give out material for the children to take home.

He should not give out material to be carried around the playground.

See that the children finish what they begin.

Have the children furnish the material for the large pieces and allow them to keep it.

Note.—The better pieces of work find a ready sale, and in some cities there is a practice of having a fair at the end of the season and disposing of the objects made. The proceeds go either to the children, to the playground, or are divided between them.

E. NATURE STUDY.

It is best to let each child have his or her own plot, so long as it is properly cared for.

To let the children have all they can raise on it to use or sell.

To raise radishes, beets, lettuce, corn, parsnips, carrots, etc.

To give the children careful instructions in planting, watering and weeding.

To create pride in the appearance of the plots and get the children to do something at home.

F. MUSIC: VOCAL AND INSTRUMENTAL.**G. MISCELLANEOUS ACTIVITIES.**

Put here anything required by local needs.

4. Conduct of Activities.**A. CRITERIA OF SUCCESS.**

The attendance of the children.

The extent to which the activities are organized.

The loyalty and general spirit of the ground.

C. SELECTION OF ACTIVITIES.

1. Work must be adapted to the age and sex of the child.

2. To the season of the year.

3. To the size and shape of the ground.

4. Those activities should be chosen in which the most children can take part with pleasure.

D. GENERAL ORGANIZATION OF ACTIVITIES.

5. Programs.

General Programs.—The director should have a general program which will provide a place for all that he is supposed to do, as gymnastics, athletics, story telling, industrial work, etc. In general he should have these things at the same time each day, though his program must be plastic. It is customary in many cities to have some sort of opening and closing exercises, consisting as a rule of singing, marching and a flag salute. These are usually popular with girls and unpopular with boys.

Special Programs.—Of more importance than a general program is the special program which is made up each day to cover the special work of the day in organization and coaching of teams and the like. It is necessary to have a schedule for all regular teams so that they may know when they are to play.

Exhibitions.—It is very desirable to have exhibition programs every two months or so to which the parents should be invited. This increases the interest for the children, gives an entertainment to the neighborhood, creates loyalty, and arouses general interest in the playground. Some of the most successful exhibits of this kind are: An athletic contest, a gymnastic and calisthenic drill, games of the small children, the industrial work, dramatics, singing, a baby show, etc. Get the parents to judge where they are likely to be impartial.

Excursions.—It may be desirable at times to suspend the regular activities of the playground entirely and take the children off to a picnic or on a walk or run or a swim.

Aids in Organizing Activities.—The director will find it a great help in his work if he will select a few of the stronger and more reliable members of the playground as volunteer assistants. It is well to provide these with some special badge or insignia and to give them special privileges. Only those whose personal example will not be harmful should be selected.

6. Use of the Apparatus.

The Swings.—RULES IN USING:

Little children should use the little swings.

Children should swing themselves.

Girls at least should not stand up.

Should not swing high.

Boys must keep away from the girls' swings.

The little children must keep away from the large swings.

The little children may be changed by monitors, by whistle.

Note.—The swing is one of the most dangerous pieces of apparatus, physically and socially, in a crowded playground and requires constant watchfulness on the part of the teacher.

The See-Saws.—RULES IN USING:

A child must not jump or slide off when the other child is up in the air.

Must not stand up on see-saws.

Must not bump down so as to make a noise.

The Sand Bin.—RULES IN USING:

The children like to draw and make designs in the sand.

The sand bin should be kept free from paper, lunch, etc.

The sand requires sprinkling in dry weather.

Use antiseptics.

The sand must be changed occasionally, the old sand may be used for jumping pits, etc.

The Giant Stride.—RULES IN USING:

Small children must be kept away from it.

The children must be instructed in getting off.

The teacher must watch the attachments and splices.

The teacher must chain up at night the unfenced playgrounds.

The Slide.—RULES IN USING:

The teacher should not allow children to come down standing up; to run up.

Small children to go up alone or with other small children.

CARE OF:

The teacher must keep sand at the foot of slide.

Watch for slivers, nails, or screws.

Oil with raw linseed oil or wax occasionally.

The Tether Pole.—USE OF:

The teacher makes and posts up a digest of the rules for the children.

Have teams of three or five.

Have a good concrete or brick ring around the pole to mark the circle and courts.

7. Organization of Team Games.

Aims in organizing teams.

Work for teams with the team spirit.

Every child on the playground should be organized into as many different teams as possible. If the same children are on several different teams together, as baseball and basket ball, it increases loyalty.

The ground will reach its maximum of efficiency when all team space is occupied all the time by regular teams, and the free space by others, playing other games.

It is well to make the members of the first teams coaches and umpires on new teams.

Advantages of regular teams:

They become responsible for property, etc.

Loyalties are formed.

They master the games and the best boys coach the poorer ones.

They practice regularly.

Aids in organizing teams:

It is well to pick out a leader and get him to organize his friends, his block, his school, his club, or anything he is connected with.

To get them to practice at some regular time and if possible start a tournament on the ground.

A uniform, a yell, a pin, or a badge will help.

Regular teams should be given certain privileges.

An advisory council of captains is an advantage.

The captains should be encouraged to master the rules.

The captains should be made responsible for the eligibility of their teams.

It will be a help if you will furnish the members of regular teams with buttons with the name of the club on it. It is still better to have the club do it. These will cost a small sum.

8. Tournaments and Contests: Objects.

To secure vigorous training, create ground loyalty, increase the attendance, interest the parents, give publicity to the movement, get the children to co-operate with each other, and compete with others without quarreling, and teach the laws of clean sport. Tournaments on the home ground should be conducted in as great variety of events as possible and keep the score from week to week.

ELIGIBILITY OF CONTESTANTS: Age, height.

Penalty for false registration, disqualification for the season if intentional.

Team disqualified if a single contestant is not eligible.

9. Treatment of Opponents.

The teacher should talk with the children and especially with the team members about the treatment of visiting teams and their conduct on other grounds. They must not dispute decisions or be impudent to umpires.

Must not cheer opponent's mistakes.

Give cheers for each other at the end of the game.

The teachers must themselves be very careful about all these things.

10. Organization and Management of Contests.

The director of the home ground must see that everything is in readiness for all events before the visitors arrive.

He must take such measures as are necessary to see that spectators do not crowd in on contestants.

He must furnish a sufficient number of helpers to insure the proper conduct of the meet. Parents are pleased to assist in minor positions.

Officials must watch the starts, especially of the relays, and see that no one gets off before the time.

The playground banner should be taken to all tournaments.

Every event should be begun on time whether the children are there or not.

Penalty for tardiness should be deducted from the score.

If there are contests for boys and girls these should go on simultaneously. Enough events should be carried on simultaneously so that the tournament can be finished in good season. If the children are kept until dark, trouble is always likely to follow.

Prizes should not be awarded at preliminary tournaments.

Wait and see if there are protests; make an occasion of giving out prizes.

Full reports of meets should be sent to the playground office.

The scores should be posted up on the playground.

The playground kept open while the director is away at the meet by the janitor, volunteer, or other worker.

Note.—In order to facilitate entries, scorekeeping and making reports, it is wise to have regular forms printed for these purposes. To secure good conduct at meets, make conduct count in the score.

11. Care of Supplies and Grounds.

A. SUPPLIES.

Supplies should be kept under lock and key, either in a box or store-room.

Children should not be sent for supplies unless they are well known.

It is necessary to prevent things from being stolen, both for the sake of the thing and the child.

An account should be made to the office of all supplies received and what happens to them. Worn-out material should be returned with the request for new supplies. It is best to have the children repair what is broken and replace what is lost. More supplies should not be given out until lost articles are found.

B. THE GROUND.

Everything about the buildings and grounds should be kept as clean and neat as possible. Especial care should be taken about writing in toilets and playground buildings.

12. Discipline.

Absolutely necessary if the playground is to be a good rather than an evil influence. Must insist on being obeyed.

A. FUNDAMENTAL CONSIDERATIONS.

Smoking, swearing, yelling, using insulting language, being disobedient, obscenity, destructiveness, stealing and improprieties between sexes are the chief forms of misconduct.

Undoubtedly all these evils tend to increase in an unsupervised playground that calls together large numbers of children. Likewise they tend to diminish rapidly with a playground that has the right spirit and direction.

There are more of these evils ordinarily in the lives of children than most people realize, and the playgrounds are sometimes held to be responsible for street conduct and language.

There is special need of watchfulness in the relations of the sexes. The undercurrent of sex feeling is stronger with children than adults usually realize, and the number of children in the congested part of a great city who grow up in pristine ignorance and innocence in these matters is small. Yet any slip in language, gesture, or conduct is sure to be charged to the playground. The only defense for much of it is to keep a high tone to the whole ground and trust that this general spirit will sooner or later leaven all the parts.

B. OPENING OF A NEW PLAYGROUND.

All problems of discipline are more serious in the beginning.

It is often necessary to have a policeman stationed at the playground at first.

The difference between the conduct on a new and old playground is the best index of the success of the system.

C. HELPS IN DISCIPLINE.

The spirit of the ground and the organized teams.

The office, in case of a chronic condition.

The janitor or watchman.

The passing or regular policeman.

Sometimes a system of self-government.
The police station, in case of unruly gangs.

D. FORMS OF PUNISHMENT.

Excluding from games or teams.
Notifying parents.
Arrest in case of vicious misconduct.
Excluding from the ground permanently in case of loose girls or boys.

E. METHODS.

The only really effective method is to get such a spirit in the ground that misconduct meets with social reprobation.

13. Dealing With Parents.

A. GENERAL CONSIDERATIONS.

It is well to try to get the parents and the whole community interested in the playground and its activities.

Get them to assist in the improvements going on.

Get them to serve as officials and judges in minor matters.

Refer cases of discipline to them occasionally.

Take pains to be courteous to them and explain the purposes of the playground.

There are apt to be sick or nervous people who resent the noises, or perhaps balls, from the playground. Try to keep these disturbances to a minimum and do what you can to pacify any such person. In case of sickness in the neighborhood, noisy games should be stopped.

Playground Equipment.

- 1.....Sand Box.
- 2.....Swings.
- 3.....See-saws.
- 4.....Slide.
- 5.....Revolving Parallels.
- 6.....Giant Stride.
- Gym- { Rings, two pairs.
- nastic { Horizontal Bar, one.
- Outfit { Incline Ladder, one.
- { Incline Poles, one set.
- { Horizontal Ladder, one.
- 8.....Supply House.

Materials.

- 1.....Indoor Baseballs.
- 2.....Basket Ball.
- 3.....Tennis Ball.
- 4.....Tennis Net.
- 5.....Raffia.
- 6.....Needles.
- 7.....Volley Ball.
- 8.....Indoor Bats.
- 9.....Jacks.

Some of the ideas of the foregoing chapter on playgrounds are from the manual issued by the Department of School Hygiene, Boston.

PLAYGROUND ACTIVITIES CONSIDERED.

Help to secure a sound body, mind and character.

Playground work comes in with the function of recreation.

I. Function of Recreation.

- (a) General value.
- (b) Specific value.
Physical, moral, mental and social.
- (c) As far back as the Ancient Grecians and Romans, recreation has taken its part to help civilize the world.

II. Recreational Forces.

- (a) Commercial.
- (b) Philanthropic.
- (c) Public.

III. Public Playgrounds.

- (a) Athletic field.
- (b) Public pools.
- (c) Public comfort stations.
- (d) Accounting.
- (e) Cost.
- (f) Statistics should all come into consideration to foster playground movements.

IV. Operators of Playgrounds.

- (a) The plan.
- (b) Equipment.
- (c) Staff.
- (d) Qualifications.
- (e) Salaries.
- (f) Hours, etc.
- (g) Supervision.
- (h) Instruction.
- (i) Games.
- (j) Instruction and personnel.

V. Social Services of Playgrounds.

- (a) Study of the neighborhood.
- (b) Racial difference.
- (c) Religious observance.
- (d) Economics observance.
- (e) Moral standard.
- (f) Co-operation of parents.
- (g) Attitude toward public.
- (h) Police.
- (i) Gangs, etc.
- (j) Juvenile court.
- (k) School librarian.
- (l) Probation.
- (m) Co-operation of private organization.
- (n) Churches.
- (o) Charities.

These views should be taken in consideration in managing a playground.

VI. Specialized Activities of a Playground.

- (a) Folk dancing.
- (b) Story telling.
- (c) School gardening.
- (d) Industrial work.
- (e) Outings.
- (f) Playground organization.

VII. Games.

- (a) Popularity an essential.
- (b) Graded games.
- (c) Games every boy or girl ought to know.

VIII. Standard of Physical Development.

- (a) Boy.
- (b) Girl.
- (c) Team.

IX. Sociological Essentials.

- (a) Playground baseball.
- (b) Basket ball.
- (c) Tether ball, etc.

X. Relation of Instruction to Games.

- (a) Rules of games.

XI. Development of Recreational Facilities.

- (a) Pioneer work of private agencies.
- (b) Outings.
- (c) Pageants.
- (d) Co-operation of federal, state, municipal, town and rural departments.
- (e) Schools.
- (f) Libraries.
- (g) Parks.
- (h) Police.
- (i) Street.
- (j) Need of legislation for popular tendencies.

REMARKS:

The eleven points must be considered in order to help promote playground movements.

UNDERLYING PRINCIPLES OF HYGIENE.

I. The health work of the teacher, the physical training department and the department of medical inspection should be unified in a way that will give more forceful meaning to their varied yet single purpose—the physical well-being of the child.

II. Health-knowledge without health-practice is educational waste. In fact, establishing health-habits is far more important than the mere furnishing of health-information.

III. Health-practice must very often precede the reason for it, although intelligent appreciation of the general reasons for the practice may often be developed quite early.

IV. Health in the normal condition of the child, and the benefits and possibilities of health should be dwelt upon rather than the morbid horrors of disease.

V. Every subject should be treated from the standpoint of the body as a whole, with the relation of the part, organ, or function under consideration to the whole body.

VI. The teacher should be regarded as the health guardian of the child and the one who, because of her intelligence and daily contact with the child, is best fitted to promote its physical welfare. Her enlightenment on the recognition of the early stages of the most common contagious diseases and the more glaring physical defects should form an important part of any course of study.

VII. Pupils should be given an introductory glance into the intensely interesting and practical subjects of germ life and the important part it plays in the human economy. The necessity of carefully disinfecting pencils that are collected and distributed, and the danger arising from putting the end of the pencil in the mouth, furnished practical illustration of the care needed in order to avoid introducing disease germs into the body.

VIII. The teacher should not only emphasize important matters of personal hygiene but also aim to develop the pupil's intelligence and sympathetic interest in problems of sanitation and health as they pertain to the school, the home and the community. This is a first and important step in the larger social service which every pupil, even the youngest, should be taught to render.

Hygienic Methods.

I. The instruction should be associated directly with the daily school, home and community life of the pupil and in so far as possible, be based upon actual conditions and occurrences.

II. The best work is done by "teaching," not by preaching.

III. In the primary grades the instruction should be almost wholly by means of conversation and stories and always concrete. In the grammar grades the instruction should be more formal, but the scientific phases of the subject should be left for the higher schools.

IV. Technical names need not necessarily be used.

V. The teacher herself should be a model of hygienic living and the school environment must furnish a wholesome example of desirable health conditions.

Tests of Efficiency of the Teaching.

I. The success of the personal hygiene teaching will show very largely in the appearance of the pupil while at work and while at play.

II. The success of the home and community phases of work must necessarily be determined very largely by the intelligence and interest displayed by the pupils in the health problems that lie outside of the school.

III. Pupils should be led to appreciate as fully as possible the fact that good health-habits are a real test of the character of their work in physical development, physiology and hygiene and also that such habits have a very direct leaning on the work which they are able to do in the other subjects of study.

The important causes of disease, the chief factors in developing these chronic maladies of the vital organs may be classified as follows:

I. Improper living habits, over-eating, especially of meat and of rich, highly seasoned foods.

II. Too little exercise.

III. Too much exercise, prolonged, exhausting manual labor or athletic exercises.

IV. Abuse of alcohol or tobacco.

V. The disease of vice.

VI. Hard work, in which one has an interest, not carried to the point of undue strain or interference with the normal sleep, exercise, diet, etc., is not in itself harmful. Over-stimulation of any kind, excessive emotional excitement and prolonged mental strain may, however, cause the human mechanism to break down, instead of running down.

Some of the matter on hygiene here printed is from an address by John P. Garber, Ph. D., Superintendent of Schools, Philadelphia.

"Lopsided" brain work and bad hygiene are important factors in bringing on premature disease. The brain-worker needs some physical work and mental play. The manual laborer or mechanic needs some physical play and mental work.

The various causes of chronic diseases are, after all, simple; periodic examination to determine the physical condition, removal of infection, and then regulation of living habits so that the child or individual may so far as possible, be adjusted to his life work, or his life work adjusted to his physical capacities. These are the simple needs for a healthful nation.

Evidence of need—

(a) Thirty-five per cent. of the men on the first draft were rejected as physically unfit. Allowing for underweight and special sensory defects, neither of which argues general physical unfitness, not less than twenty-five per cent were rejected for real physical unfitness. That means 2,500,000 between the ages of twenty-one and thirty were unfit for military service, therefore unfit to render full measure of service in any capacity; therefore unable to get full returns from life in work and happiness. An equal number of women doubtless suffer from disqualifying defects. Much time was lost in purely physical training and conditioning.

General Pershing said, "I hope never again to see my country so unprepared for healthy physical men as it was during the draft of 1917."

Health Hints.

1. Air Hygiene.

- (a) Let in the fresh air.
- (b) Go out after it.
- (c) Sleep out if you can.
- (d) Breathe deeply.

2. Food Hygiene.

- (a) Eat some crusty or resistant food, some bulky and some raw food at each meal.
- (b) Eat slowly, chew and taste your food thoroughly.
- (c) Eat at regular intervals but eat little when not hungry.
- (d) Take no poison or infection into your body.

3. Activity Hygiene.

- (a) Secure daily thorough bowel movement.
- (b) Exercise body and mind daily.
- (c) Keep erect, standing and sitting.
- (d) Play a little, have a hobby.

4. Rest Hygiene.

- (a) Vary your work.
- (b) Stop occasionally and relax.
- (c) Keep serene, be courageous.
- (d) Enjoy sweet sleep and enough of it.

5. Drink without eating and eat without drinking.
6. Drink five glasses of water per day, none with meals.
7. Don't eat cheap, impure candy.
8. Keep feet warm and a cool head.
9. Dress cool when you walk and warm when you ride.
10. Don't sit still with wet feet. Walk until you have a chance to change.
11. After a hearty meal stand up for fifteen minutes.
12. Whenever you walk, stand up with chin in, hips back, and chest out, and think how tall you are.
13. Obesity comes from overloading the stomach and underworking the body.
14. Take full deep breathing exercises, drink plenty of water and keep the skin active. It will help keep most people out of the doctor's hands.
15. Not too much worry.

To Avoid Colds.

EAT

1. three meals
2. of substantial food
3. and after meals

BREATHE

1. plenty of fresh air
2. in office
3. in schoolroom
4. in bedroom.

SLEEP

1. eight hours at least.

WALK

1. to and from school
2. part way at least.

AVOID

1. cold and damp
2. when overheated.

SHUN

1. crowds
2. as much as possible.

DO NOT USE

1. another's cup
2. or towel.

DO NOT ASSOCIATE

1. with one having a cold.

WEAR

1. enough clothing
2. but not too much.

BATHE

1. frequently
2. in cold water preferably.

USE

1. medicine from a physician,
2. not from a druggist,
3. to cure a cold.

Health Questions.

1. Do you eat fresh fruit every day?
2. Do you eat succulent vegetables daily?
3. Are your meals properly balanced as to proteins, fats, carbohydrates and sugar?
4. Do you eat slowly and masticate thoroughly?
5. Do you know you do not eat too much?
6. Do you brush your teeth thoroughly at least once a day?
7. Do you know the temperature of your room should be from 66 to 70 degrees?
8. Do you sleep in a room which is well ventilated regardless of weather conditions?
9. Do you sleep eight hours per day?

10. Do you spend at least two hours every day outdoors?
11. Do you walk at least two miles every day in the open air?
12. Do you bathe your entire body at least twice a week?
13. Do you follow your warm bath with a quick cold sponge?
14. Do you know that you are not underweight or overweight?
15. Do you know that your eyes may not be causing some nervous disorder?
16. Do you refrain from using the same drinking cup and towels of another, even in your own family?
17. Have you a parched or sour feeling in mouth upon rising?

Health System of Heating and Ventilation.

Health system in heating and ventilating school buildings, now generally known as the St. Louis System, consists of a fan and vento heating coils for warming and distributing the fresh air and an air washer for removing dust and adding humidity and the use of the electrostatic ozone purifier for destroying odors and bacteria. There are no radiators in the rooms. The cost of the apparatus is no greater than the old style and the cost of fuel is much less. This system was developed while endeavoring to reproduce the healthful air conditions found in the mountain and sea breezes. The data as to health in schools under test in comparison with other nearby schools indicate two and one-half to three and one-half times as many cases of illness for the old type against the new.

Neglect in Health.—In these days half our diseases comes from the neglect of the body in the over-work of the brain. In this railway age the wear and tear of labor and intellect go on without pause or self-pity. We live longer than our forefathers, but we suffer more from a thousand artificial anxieties and cares. They fatigued only the muscles, we exhaust the finer strength of the nerves. (Bulwer.)

Inculcation of Health Habits.

HEALTH CHORES.

To inculcate right habits of living in childhood in respect to exercise, play, cleanliness, diet, rest, etc., the Missouri School Health Crusade chore plan as published by the Missouri Tuberculosis Association, is designated for use in practical instruction in personal hygiene. This health crusade course includes the use of:

Health Crusader's Chore Record Sheet with
 Health Crusader's Weight Record,
 Health Crusader's Certificate of Enrollment with
 Explanation of Health Chores,
 Explanation Circular,
 Roll of Health Knighthood and Class Room Height and Weight
 Record Chart with Honor Stars,
 Health Habits vs. Health Rules—Walker,
 Initiating the School Health Crusade—Capps.

The printed matter of the Missouri School Health Crusade may be purchased from the office of the Secretary of the Missouri State Teachers' Association, Columbia, Missouri. This printed matter, with the Honor Stars, will be supplied in tableted form in quantities sufficient for a school unit of twenty-five pupils for a sixteen weeks' course for one dollar per

tablet, delivery paid. Extra tablets of 100 Chore-Record Sheets alone will be supplied for sixty-five cents, and extra wall charts with honor stars for ten cents each, postpaid.

Duties of School Nurses.

When nurses only have been appointed subject to instruction from the State Superintendent of Schools, the following shall be the duties of the school nurse:

The school nurse or nurses shall make in certain school districts an examination of each child as soon as practicable after admission to the school and shall report the principal signs and symptoms in writing on the form provided, to the principal who shall keep the records in the school building. The nurse should also keep the record at the state office.

The examination shall consist of an inspection of the scalp, skin of the face and hands, the mouth, throat and teeth, the joints and spine, and simple tests for sight and hearing. The pulse and temperature shall be observed if necessary, and the presence or absence of vaccination scars be recorded.

Special examination shall be made of any new cases which may be referred to the school nurse by a doctor, inspector or principal and any other cases which a previous examination has shown to need attention, or which may otherwise come to her notice.

On completing these examinations the school nurse shall when she deems it necessary notify the parent or guardian of his child or ward and it shall be the duty of such parent or guardian to have the case duly attended to. In case of emergency the school nurse may render first aid, may bandage wounds, and apply antiseptic dressing to cuts, burns, and bruises but shall neither give nor prescribe medicines or other treatment.

The school nurse shall visit the pupils' homes and shall confer with their parents or guardians at such hours and places as may be arranged by her and approved by the principal.

The school nurse shall keep a written record of such visits and conferences and shall report promptly and fully in regard to them to the principal and the school inspector within one week after each visit or conference.

The school nurse shall assist the school inspector in preparing reports of the health of the children.

From "The School Nurse"—by Lina Rogers Struthers.

Help In Case of Accidents.

1. **Drowning.**—1. Loosen clothing, if any. 2. Empty lungs of water by laying body on its stomach and lifting it by the middle so that the head hangs down. Jerk the body a few times. 3. Pull tongue forward, using handkerchief, or pin with string, if necessary. 4. Imitate motion of respiration by alternately compressing and expanding the lower ribs about twenty times a minute. Alternately raising and lowering the arms from the sides up above the head will stimulate the action of the lungs. Let it be done gently but persistently. 5. Apply warmth and friction to extremities. 6. By holding tongue forward, closing the nostrils and pressing "Adam's apple" back (so as to close entrance to esophagus), direct inflation may be tried. Take a deep breath and

breathe it forcibly into the mouth of patient, compress the chest to expel the air, and repeat the operation. 7. **DON'T GIVE UP.** People have been saved after hours of patient, vigorous effort. 8. When breathing begins get patient into a warm bed, give warm drinks or spirits in teaspoonful. Fresh and quite.

2. **Burns and Scalds.**—Cover with cooking soda, and lay cloths over it. Whites of eggs and olive oil. Olive or linseed oil, plain or mixed with chalk or whitening.

3. **Lightning.**—Dash cold water over the person struck.

4. **Sun Stroke.**—Loosen clothing. Get patient into shade and apply ice water to the head.

5. **Mad Dog or Snake Bite.**—Tie cord tight above wound. Suck the wound and cauterize with caustic or white-hot iron at once, or cut adjoining parts with sharp knife.

6. **Venomous Insects' Stings, etc.**—Apply weak ammonia, oil, salt water or iodine.

7. **Fainting.**—Place flat on back; allow fresh air and sprinkle with water.

8. **Test of Death.**—Hold mirror to mouth. If living, moisture will gather. Push pin into flesh, if dead the hole will remain, if alive it will close up.

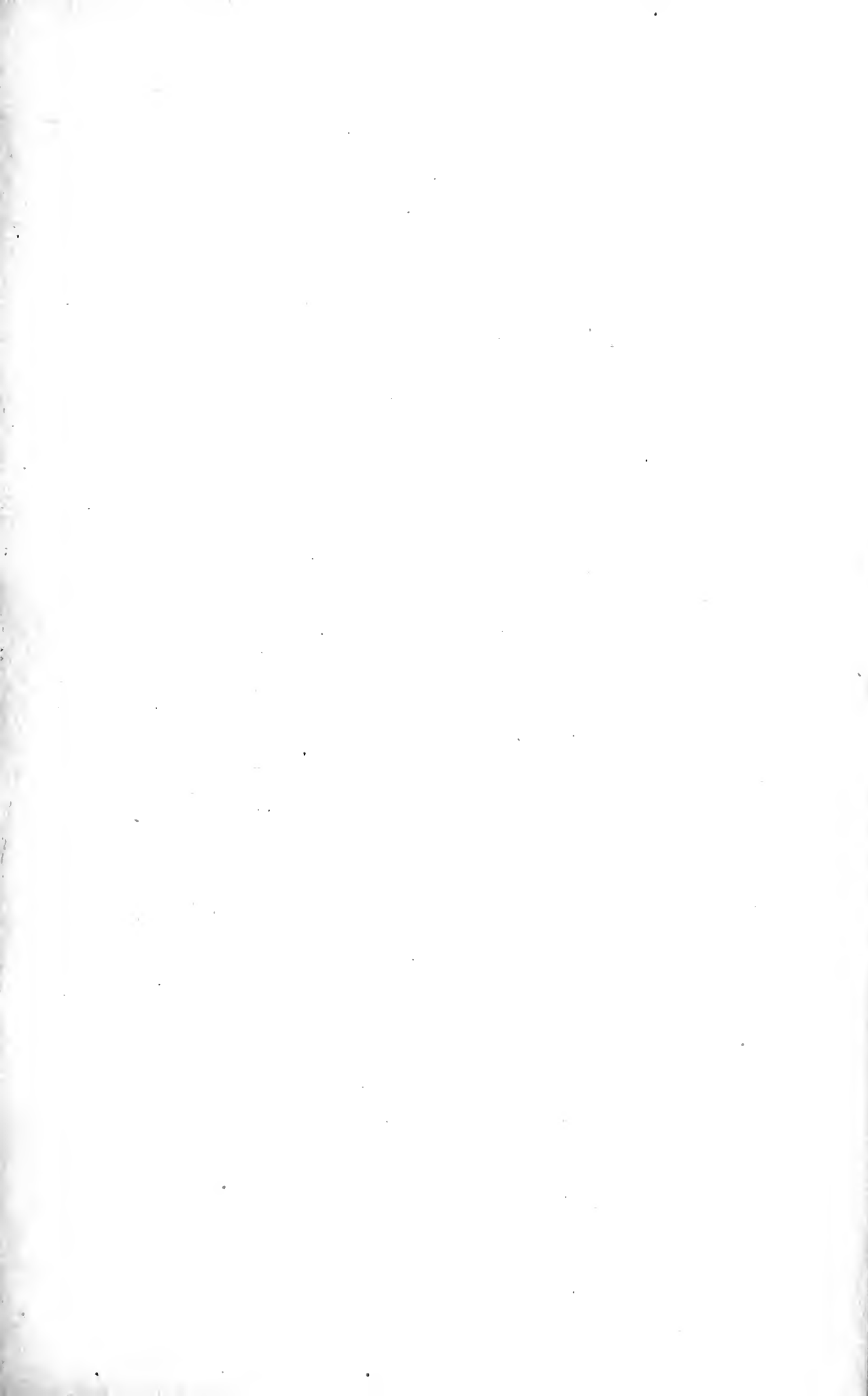
7. **Cinders in the Eye.**—Roll soft paper up like a lamp lighter and wet the tip to remove or use a medicine dropper to draw it out. Rub the other eye.

10. **Fire in One's Clothing.**—**DON'T RUN**—especially not downstairs or out of doors. Roll on carpet or wrap in woolen rug or blanket. Keep the head down so as not to inhale flame.

11. **Fire in a Building.**—Crawl on the floor. The clearest air is the lowest in the room. Cover the head with a woolen wrap. Wet if possible. Cut holes for the eyes; don't get excited.

12. **Fire in Kerosene.**—**DON'T USE WATER**, it will spread the flames. Dirt, sand or flour is the best extinguisher; or smother with woolen rug, tablecloth or carpet.

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